

SEPTEMBER GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7
NO CLASS HOLIDAY	REVIVE 0915-1000 (Amy) ZUMBA 1000-1045 (Amy)	ZUMBA TONING 1830-1930 (Crystal)	POWER PUMP 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy) FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	ZUMBA 1100-1200 (Amy)	NO CLASS
9	10	11	12	13	14
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	WT FLOOR TRAINING 0915-1000 (Amy) WT FLOOR TRAINING 1000-1045 (Amy)	WT FLOOR TRAINING 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy)	WT FLOOR TRAINING 0915-1000 (Amy) WT FLOOR TRAINING 1000-1045 (Amy)	WT FLOOR TRAINING 1100-1145 (Amy)	NO CLASS
16	17	18	19	20	21
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy) STRENGTH + HIIT 1830-1930 (Crystal)	NO CLASS	ZUMBA 1100-1200 (Amy)	NO CLASS
23	24	25	26	27	28
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1815 (Bradley)	POWER PUMP 1100-1145 (Amy) WT FLOOR TRAINING 1200-1245 (Amy) ZUMBA TONING 1830-1930 (Crystal)	NO CLASS	ZUMBA 1100-1200 (Amy)	NO CLASS
30					
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)					