

GROUP FITNESS/YOGA September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
The Sportscenter schedules are available at our website @ sportscenternc.com		TA Tara Absher CD Cate Davis KL Kimberly Leatherman SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon	KP Katie Propst TS Tamsey Smith Angel Angel Stoy JK J King RC Rob Cox LF Laurie Flora		1 5:15 BODYPUMP SL 9:10 Cardio BLAST TS 10:00 <u>PILATES</u> TS 12:00 BODYPUMP JK	2 8:25 YoFITga TA 9:35 BODYPUMP JK 10:45 ZUMBA Laurie
3 Labor Day Weekend~ *NO Classes today*	4 Labor Day! *Holiday Schedule* 10:00 BODYPUMP TA 11:00 SC BARRE CD	5 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP TS	6 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 10:00 SC BARRE KP 12:00 BODYPUMP TS 5:30 SC BARRE CD 6:35 BOOT CAMP JM	7 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 SC BARRE KP 5:15 YoFITga MM 6:15 BODYPUMP JK	8 5:15 BODYPUMP SL 9:10 Cardio BLAST TS 10:00 <u>YoFITga</u> MM 12:00 BODYPUMP TS	9 8:25 YoFITga TA 9:35 BODYPUMP TA 10:45 ZUMBA Rob
10 1:30 ZUMBA Rob 3:00 YoFITga MM	11 5:15 BODYPUMP Angel 9:10 Cardio BLAST MM 10:00 SC BARRE KL 12:00 BODYPUMP TS 4:30 Cardio BLAST KP 5:30 SC BARRE TA 6:35 YoFITga TA	12 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP TS	13 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 10:00 SC BARRE KM 12:00 BODYPUMP TS 5:30 SC BARRE CD 6:35 BOOT CAMP JM	14 8:30 YoFITga MM 9:40 BODYPUMP KM 10:50 Gentle Yoga KM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP JK *7:30 ZUMBA Rob*	15 5:15 BODYPUMP SL 9:10 Cardio BLAST TS 10:00 <u>PILATES</u> TS 12:00 BODYPUMP JK	16 8:25 YoFITga MM 9:35 BODYPUMP JK 10:45 ZUMBA Rob
17 1:30 ZUMBA Laurie 3:00 YoFITga TA	18 5:15 BODYPUMP Angel 9:10 Cardio BLAST MM 10:00 SC BARRE KL 12:00 BODYPUMP JK 4:30 Cardio BLAST KP 5:30 SC BARRE TA 6:35 YoFITga TA	19 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP TS	20 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 10:00 SC BARRE KP 12:00 BODYPUMP TS 5:30 SC BARRE KP *6:35 Cardio BLAST JK*	21 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga KM 12:00 SC BARRE KP 5:15 YoFITga MM 6:15 BODYPUMP JK *7:30 ZUMBA Rob*	22 5:15 BODYPUMP SL 9:10 Cardio BLAST TS 10:00 <u>YoFITga</u> TA 12:00 BODYPUMP TS	23 8:25 YoFITga TA 9:35 BODYPUMP TA 10:45 ZUMBA Laurie
24 1:30 ZUMBA Laurie 3:00 YoFITga TA	25 5:15 BODYPUMP Angel 9:10 Cardio BLAST MM 10:00 SC BARRE KL 12:00 BODYPUMP TS 4:30 Cardio BLAST KP 5:30 SC BARRE TA 6:35 YoFITga TA	26 8:30 YoFITga TA 9:40 BODYPUMP TA 10:50 Gentle Yoga MM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP TS	27 5:15 BODYPUMP JK 9:10 Cardio BLAST TS 10:00 SC BARRE KM 12:00 BODYPUMP TS 5:30 SC BARRE CD 6:35 BOOT CAMP JM	28 8:30 YoFITga MM 9:40 BODYPUMP KM 10:50 Gentle Yoga KM 12:00 SC BARRE KP 5:15 YoFITga TA 6:15 BODYPUMP TS	29 5:15 BODYPUMP SL 9:10 Cardio BLAST TS 10:00 <u>PILATES</u> TS 12:00 BODYPUMP JK	30 8:25 YoFITga MM 9:35 BODYPUMP Angel 10:45 ZUMBA Laurie