

Group Fitness September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <u>*NO Classes today*</u>	2 Labor Day <u>*NO Classes today*</u> Enjoy the holiday!	3 5:15 HIIT KW 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sarah	4 5:15 BODYPUMP CC 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE KP 6:15 HIIT JM	5 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	6 5:15 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	7 8:30 Yoga MM 9:45 BODYPUMP CC 11:00 ZUMBA Rob
8 1:30 Zumba Sandra	9 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	10 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	11 5:15 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM	12 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC <u>*NO 7:30 Class today*</u>	13 5:15 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	14 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Rob
15 1:30 Zumba Sarah	16 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	17 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	18 5:15 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	19 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Rob	20 5:15 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP KF	21 8:30 Yoga TA 9:45 BODYPUMP Angel 11:00 ZUMBA Laurie
22 1:30 Zumba Laurie	23 5:15 BODYPUMP Angel 9:15 HIIT JM <u>*NO10:15 Class today*</u> 12:00 BODYPUMP CC 5:15 BARRE CD 6:15 HIIT JM	24 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	25 5:15 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates KP <u>*NO 5:15 Class today*</u> 6:15 HIIT JM	26 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE TS 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	27 5:15 BODYPUMP SL 9:15 HIIT KW 12:00 BODYPUMP CC	28 8:30 Yoga MM 9:45 BODYPUMP CC 11:00 ZUMBA Sandra
29 1:30 Zumba Rob	30 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM			TA Tara Absher CD Cate Davis SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst TS Tamsey Smith Angel Angel Stoy	RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams KF Kelsey Floyd SP Susan Pless	