

September 2017

GROUP FITNESS

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	Instructors are subject to change!	*New class Beginner Tap only			9:00am RIPPED-Doris 10:00am Tap-Pam 11:10am Beginners Yoga-Pam 12:10pm Beginners Pilates-Pam	No classes
3	4	5	6	7	8	9
		5:30am Burn/Firm-Kahne 9:00am Pump & Crunch-Doris 10:00am Tap-Pam *11am-11:30am Beginner Tap Only 12:00 Move. Laugh. Connect 4:30pm HIIT/Glutes/ABS-Tabatha 5:30pm Zumba@-Angie	9:00am HIIT/Glutes/ABS-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Core Fusion-Tabatha 5:30pm RIPPED-Rebekah	5:30am TBS-Carla 9:00am Pump & Crunch-Doris 10:00am Pilates/Yoga Sculpting-Pam 12:00 Move. Laugh. Connect 4:30pm RIPPED-Rebekah 5:30pm Zumba@-Rachel	9:00am RIPPED-Doris 10:00am Tap-Pam 11:10am Beginners Yoga-Emmy 12:10pm Beginners Pilates-Emmy	9:00am Cardio Fusion-Tabatha 10:00am Zumba-Rachel 11:10 Yoga-Emmy
10	11	12	13	14	15	16
	9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Cardio Fusion-Doris 5:30pm HIIT/Glutes/ABS-Tabatha 6:40pm Yoga-Emmy	5:30am Burn/Firm-Kahne 9:00am Pump & Crunch-Doris 10:00am Tap-Pam *11am-11:30am Beginner Tap Only 12:00 Move. Laugh. Connect 4:30pm HIIT/Glutes/ABS-Tabatha 5:30pm Zumba@-Angie	9:00am HIIT/Glutes/ABS-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Core Fusion-Tabatha 5:30pm RIPPED-Rebekah	5:30am TBS-Carla 9:00am Pump & Crunch-Doris 10:00am Pilates/Yoga Sculpting-Pam 12:00 Move. Laugh. Connect 4:30pm RIPPED-Rebekah 5:30pm Zumba@-Rachel	9:00am RIPPED-Doris 10:00am Tap-Pam 11:10am Beginners Yoga-Emmy 12:10pm Beginners Pilates-Emmy	9:00am Cardio Fusion-Doris 10:00am Zumba-Rachel 11:10 Yoga-Emmy
17	18	19	20	21	22	23
	9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Cardio Fusion-Tabatha 5:30pm HIIT/Glutes/ABS-Rebekah 6:40pm Yoga-Emmy	5:30am Burn/Firm-Kahne 9:00am Pump & Crunch-Doris 10:00am Tap-Pam *11am-11:30am Beginner Tap Only 12:00 Move. Laugh. Connect 4:30pm HIIT/Glutes/ABS-Tabatha 5:30pm Zumba@-Angie	9:00am-HIIT/Glutes/ABS-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm RIPPED-Rebekah	5:30am TBS-Carla 9:00am Pump & Crunch-Doris 10:00am Pilates/Yoga Sculpting-Pam 12:00 Move. Laugh. Connect 4:30pm RIPPED-Rebekah 5:30pm Zumba@-Tabatha	9:00am RIPPED-Doris 10:00am Tap-Pam 11:10am Beginners Yoga-Emmy 12:10pm Beginners Pilates-Emmy	9:00am Cardio Fusion-Rebekah 10:00am Zumba-Stephanie 11:10 Yoga-Emmy
24	25	26	27	28	29	30
	9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Cardio Fusion-Doris 5:30pm HIIT/Glutes/ABS-Tabatha 6:40pm Yoga-Emmy	5:30am Burn/Firm-Kahne 9:00am Pump & Crunch-Doris 10:00am Tap-Pam *11am-11:30am Beginner Tap Only 12:00 Move. Laugh. Connect 4:30pm HIIT/Glutes/ABS-Tabatha 5:30pm Zumba@-Angie	9:00am HIIT/Glutes/ABS-Doris 10:00am TBS-Doris 11:10am Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm RIPPED-Rebekah	5:30am TBS-Carla 9:00am Pump & Crunch-Doris 10:00am Pilates/Yoga Sculpting-Pam 12:00 Move. Laugh. Connect 4:30pm RIPPED-Rebekah 5:30pm Zumba@-Tabatha	9:00am RIPPED-Doris 10:00am Tap-Pam 11:10am Beginners Yoga-Emmy 12:10pm Beginners Pilates-Emmy	9:00am Cardio Fusion-Doris 10:00am Zumba-Stephanie 11:10 Yoga-Emmy