

# September 2021

# Group Fitness & RPM-LAC Alexandria

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:00pm Pilates & More-Jean	5:30pm Body Pump-No class	9:00am Body Pump-No class
5	6 Club Closed	7	8	9	10	11
	LABOR DAY	5:15am RPM-Gregg 8:30am HIIT-Shelly 12:15pm HIIT-Shelly 6:00pm Pilates & More-Jean	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:00pm Pilates & More-Jean	5:30pm Body Pump-Jean	9:00am Body Pump-Jean
12	13	14	15	16	17	18
5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie		5:15am RPM-Gregg 8:30am HIIT-Shelly 12:15pm HIIT-Shelly 6:00pm Pilates & More-Jean	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:00pm Pilates & More-Jean	5:30pm Body Pump-Linda	9:00am Body Pump-Linda
19	20	21	22	23	24	25
5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie		5:15am RPM-Gregg 8:30am HIIT-Shelly 12:15pm HIIT-Shelly 6:00pm Pilates & More-Jean	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:00pm Pilates & More-Jean	5:30pm Body Pump-Linda	9:00am Body Pump-Linda
26	27	28	29	30		
5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Natalie		5:15am RPM-Gregg 8:30am HIIT-Shelly 6:00pm Pilates & More-Jean	5:00am Body Pump-Natalie 8:30am HIIT-Shelly 5:30pm Body Pump-Linda	5:15am RPM-Gregg 12:15pm HIIT-Shelly 6:00pm Pilates & More-Jean		<b>INSTRUCTORS ARE SUBJECT TO CHANGE!</b>