

September 2021

GROUP X & INDOOR CYCLING

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| | | | 1 | 2 | 3 | 4 |
| | | | **8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy | **5:30am HIIT-Kelsey 9:00am Hi Lo-Pam 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-No class 5:45pm Zumba-Megan | **8:00am HIIT-No class 9:00am Core Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam | No Class |
| 5 | 6 CLUB HOURS:5a-2p | 7 | 8 | 9 | 10 | 11 |
| | NO CLASSES | *9:00am LITE-Doris 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Cycle X-Leslie 6:30pm Zumba®-Christy | **8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy | **5:30am HIIT-Kelsey 9:00am Hi Lo-Pam 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-Leslie 5:45pm Zumba-Megan | **8:00am HIIT-Kelsey 9:00am Core Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam | 10:00am Zumba-Megan |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | **8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 9:00am Spin-Kylie 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 5:30pm Spin-No class 5:45pm Yoga-Megan | *9:00am LITE-Doris 10:00am Tap-Pam 12:00 Move. Laugh. Connect 5:30pm Cycle X-Leslie 6:30pm Zumba®-Christy | **8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy | **5:30am HIIT-Kelsey 9:00am Hi Lo-Pam 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:30pm Spin-No class 5:45pm Zumba-Megan | **8:00am HIIT-Kelsey 9:00am Core Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam | 10:00am Zumba-Megan |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
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| 26 | 27 | 28 | 29 | 30 | | |
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