

September 2024 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 8:30a Flexibility	3 7:30a Strength 8:30a Strength 5:30p Strength	4 10:30a Fitness 101	5 7:30a Strength 8:30a Strength 5:30p Fitness 101	6 8:30a Flexibility	7 10:15a Core Conditioning
8	9 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	10 7:30a Strength 8:30a Strength 5:30p Strength	11 10:30a Fitness 101	12 7:25a Strength 8:30a Strength 5:30p Fitness 101	13 8:30a Flexibility	14 10:15a Core Conditioning
15	16 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	17 7:30a Strength 8:30a Strength 5:30p Strength	18 10:30a Fitness 101	19 7:25a Strength 8:30a Strength 5:30p Fitness 101	20 8:30a Flexibility	21 10:15a Core Conditioning
22	23 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	24 7:30a Strength 8:30a Strength 5:30p Strength	25 10:30a Fitness 101	26 7:25a Strength 8:30a Strength 5:30p Fitness 101	27 8:30a Flexibility	28 10:15a Core Conditioning
29	30 8:30a Flexibility 9:30a Strength 5:30p Fitness 101					

September 2024 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9a Pilates 10a Pilates	3 8:30a Pilates 9:30a Pilates 4:45p Pilates 5:35p Pilates	4 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p/5:35 Pilates	5 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	6 6:30a Strength 9:30a Pilates 11:15a Pilates	7 9:15a Pilates
8	9 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	10 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	11 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p/5:35 Pilates	12 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	13 6:30a Strength 9:30a Pilates 11:15a Pilates	14 8:25a Pilates 9:15a Pilates
15	16 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	17 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	18 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p/5:35p Pilates	19 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	20 6:30a Strength 9:30a Pilates 11:15a Pilates	21 8:25a Pilates 9:15a Pilates
22	23 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	24 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	25 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p/5:35p Pilates	26 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	27 6:30a Strength 9:30a Pilates 11:15a Pilates	28 9:15a Pilates
29	30 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates					