

September Schedule

Group Fitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
6:30a							
9:00a						Zumba Michelle	
9:30a	BodyCombat Natalie	Bodypump Angie					
9:45a				Bodypump Tiffany			
10:30a						Bodypump Lauren	
AFTERNOON/EVENING							
4:15p		Bodypump 45 Tiffany		Bodypump 45 Lauren	3-2-1 Fit Tiffany		
5:30p	Grit 30 Min Karen	Funk N Weights Angelo	Bodypump Tiffany	Funk N Weights Angelo			
6:00p	BodyCombat Karen						
6:30p	Zumba Michelle						

Cycle

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
6:00a		Cycle 45 Brett		Cycle 45 Jess			
6:30am				Core Cuts 30 Jess			
8:30a					20-20-20 Cycle Angie		
9:00a			Cycle 30 Angie				
AFTERNOON/EVENING							
4:30p	Cycle 30 Tiffany						
6:00p		Cycle 45 Tiffany		Cycle 30 Lauren			

Yoga/Barre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
8:30a	Barre Ashley	Barre Ashley		Yoga Cherish		Yoga Joe	
9:30a	Barre Ashley		Barre Kelly		Barre Ashley		
9:45a		Yoga Cherish		Barre Ashley		Barre Denise	
AFTERNOON/EVENING							
4:30p	Barre Kelly			Yoga Kelly			
5:00p							Yoga Kelly
5:30p	Barre Kelly	Barre Kelly	Barre Kelly	Barre Kelly			
6:30p		Yoga Mary					

REDZONE/BOXING

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a	Redzone 45 Jessie		Redzone 45 Yancey				
8:30a	Redzone Tiffany	Redzone Fred	Redzone Yancey	Redzone Tiffany			
9:30a			Body Box Fred			Redzone Tiffany	
9:45a					Redzone Lauren		
10:30a							
AFTERNOON/EVENING							
4:15p	Redzone Lauren						
5:30p	Redzone Tiffany	Redzone Angie	Redzone Yancey	Redzone	Redzone Lauren		
6:00p							