

September Schedule

All Classes on this schedule are free to our members (except as indicated) and are 50 minutes in duration!
Follow us on Facebook for daily updates!

Time	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5:30am	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required	MFIT 365 Enrollment & Fee Required		
8:00am	MFIT 365 Enrollment & Fee Required		MFIT 365 Enrollment & Fee Required		MFIT 365 Enrollment & Fee Required		
9:00am	MFIT 365 Enrollment & Fee Required	Cardio Combo w/Lisa	MFIT 365 Enrollment & Fee Required	SOULfusion w/Tammy	MFIT 365 Enrollment & Fee Required	TABATA w/Melinda	
10:00am	AIT w/Angela	Functional Training w/ Adana	AIT w/Angela	Functional Training w/ Lisa	F.I.T. BARRE w/Lisa	STEP/ COMBO w/DEIDRA	
3:00pm							
4:00pm		MFIT 365 Enrollment & Fee Required		MFIT 365 Enrollment & Fee Required			MAX w/Lori- Beth
5:00pm	FIT CAMP w/Adana	BollyX w/Nayar	FIT CAMP w/Adana	Yogilates w/Melinda			
6:00pm	ZUMBA w/Lara	Circuit Training w/Lara	MASH UP w/LARA	STEP/ COMBO w/DEIDRA			
7:00pm	SOULfusion w/Tammy	RIP w/Adana	Pumped Up Strength w/Paige	RIP w/Adana			

