



September 2019 Class Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CLOSED	3 8:30am Group Class	4 8:30am Group Class 5:30pm -Group Functional Fitness 6:30pm -Group Functional Fitness 4:30pm-6:30pm OPEN GYM	5 8:30am Group Class	6	7 8am Zumba NO -Yoga
9 8:30am Step 5:30pm -Group Functional Fitness 6:30pm -Group Functional Fitness 4:30pm-6:30pm OPEN GYM	10 8:30am Group Class	11 8:30am Group Class 5:30pm -Group Functional Fitness 6:30pm -Group Functional Fitness 4:30pm-6:30pm OPEN GYM	12 8:30am Group Class	13	14 8am Zumba 9am Yoga
16 8:30am Step 5:30pm -Group Functional Fitness 6:30pm -Group Functional Fitness 4:30pm-6:30pm OPEN GYM	11 8:30am Group Class	12 8:30am Group Class 5:30pm -Group Functional Fitness 6:30pm -Group Functional Fitness 4:30pm-6:30pm OPEN GYM	13 8:30am Group Class	14	15 8am Zumba 9am Yoga
17 8:30am Step 5:30pm -Group Functional Fitness 6:30pm -Group Functional Fitness 4:30pm-6:30pm OPEN GYM	18 8:30am Group Class	19 8:30am Group Class 5:30pm -Group Functional Fitness 6:30pm -Group Functional Fitness 4:30pm-6:30pm OPEN GYM	20 8:30am Group Class	21	22 8am Zumba 9am Yoga
24 8:30am Step 5:30pm -Group Functional Fitness 6:30pm -Group Functional Fitness 4:30pm-6:30pm OPEN GYM	25 Group (R) – 8:30am	26 Group (R) – 8:30am YA -5:30pm	27 Group (R) – 8:30am	28	29