




**Lauren Fitness Classes Timetable**

**September - 2020**

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
10:30 -11:30 AM	Dumbbells	Steps	Body Bar	Fat Burning (cardio)	Sticks	Booty Barre
11:30-12:30 AM						
5:30 - 6:30 PM	Steps	Body Bar	Booty Barre	Boxing	Dumbbells	Sticks
6:30-7:30 PM				