

# Gigi's Downtown

## SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	SPIN Callie	BODYPUMP Callie	SPIN Debbie	BODYPUMP Shonda/Lauren	SPRINT Sarah S	
6:05am	CX-WORX Callie		Pilates Debbie		CX - WORX Sarah S	
8:10am	YOGA Danielle	BODYPUMP Kristin	YOGA Bridgette	BODYSTEP Kristin/Chauntel	YOGA Bridgette	8:30AM SPIN alternates
9:15am	BODYCOMBAT Lauren	BODYFLOW Debbie	BODYPUMP CynDee	CX Worx Alicia	BODYPUMP Alicia	9:30AM BODYPUMP altertnates
10:15am		FIT over 50 CynDee		FIT over 50 CynDee		10:45AM BODYFLOW Callie
12:05pm	BODYPUMP Sister	CX WORX Sarah H	BODYPUMP Susie	CX Worx Susie	BODYPUMP Sarah S	<b>Sunday</b>
1:30PM						SPIN - Callie
2:00PM						CX-Worx Callie
3:00pm						
4:45pm		SPRINT CHRISTINA		GRIT CHRISTINA		
5:15pm	SPIN Sarah H		BODYSTEP BECKY			
5:30pm		BODYPUMP Sister		BODYPUMP Sheilah	BODYPUMP Callie	
6:15pm	BODYFLOW Sarah H		BODYFLOW SISTER			