September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 31	1 Gym Closed Labor Day	2 8am - S/S Circuit 9am -S/S Circuit 530p -Spin	3 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	4 8am - S/S Circuit 9am- No Class	5 8am - S/S Boom	6 915a-Weight/Cardio 1030a- Line Dance
7	8 8am- S/S Circuit 5:30p- Line Dance Member Apprecation	9 8am - S/S Circuit 9am -S/S Circuit 530p -Spin	10 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	11 8am - S/S Circuit 9am - Line Dance	12 8am - S/S Zumba	13 915a-Weight/Cardio 1030a- Line Dance
14	15 8am- S/S Circuit	16 8am - S/S Circuit 9am -S/S Circuit 530p -Spin	17 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	18 8am - S/S Circuit 9am - Line Dance	19 8am - S/S Boom	20 915a-Weight/Cardio 1030a- Line Dance
21	22 8am- S/S Circuit	23 8am - S/S Circuit 9am -S/S Circuit 530p -Spin	24 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	25 8am - S/S Circuit 9am - Line Dance	26 8am- S/S Zumba	27 915a-Weight/Cardio 1030a- Line Dance
28	29 8am- S/S Circuit	30 8am - S/S Circuit 9am -S/S Circuit 530p -Spin	Oct 1	Oct 2	Oct 3	Oct 4
Oct 5	Oct 6	Oct 7	Oct 8	Oct 9	Oct 10	Oct 11

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