

September 2026



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