

September 2024



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------------------|---|--|---------------------------------------|-----------------|--------------------|
| Aug 25 | Aug 26 | Aug 27 | Aug 28 | Aug 29 | Aug 30 | Aug 31 |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | Gym Closed | 8am - S/S Circuit 9am -S/S Circuit 530p -Spin | 7am- Yoga 815a- S/S Cardio 530pm- Line Dance | 8am - S/S Circuit 9am - Line Dance | 8am - S/S Boom | 915a-Weight/Cardio |
| | Labor Day | | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | 8am- S/S Circuit | 8am - S/S Circuit 9am -S/S Circuit 530p -Spin | 7am- Yoga 815a- S/S Cardio 530pm- Line Dance | 8am - S/S Circuit 9am - Line Dance | 8am - S/S Zumba | 915a-Weight/Cardio |
| | Member Appreciation | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | 8am- S/S Circuit | 8am - S/S Circuit 9am -S/S Circuit 530p -Spin | 7am- Yoga 815a- S/S Cardio 530pm- Line Dance | 8am - S/S Circuit 9am - Line Dance | 8am- S/S Boom | 915a-Weight/Cardio |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | 8am- S/S Circuit | 8am - S/S Circuit 9am -S/S Circuit 530p -Spin | 7am- Yoga 815a- S/S Cardio 530pm- Line Dance | 8am - S/S Circuit 9am - Line Dance | 8am - S/S Zumba | 915a-Weight/Cardio |
| 29 | 30 | Oct 1 | Oct 2 | Oct 3 | Oct 4 | Oct 5 |
| | 8am- S/S Circuit | | | | | |