



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LABOR DAY	2 9:30am Taylor Cardio Kickboxing 30 min New Class! 5:45pm Taylor BootyBlast	3 New! 5:30am Susan ABS BLAST 9:30am Dance Amber 5:45pm Bootcamp	4 10 am Ask a Trainer STRENGTH MOBILITY NEW! 5:45pm Dance Party Amber T.	5 SPIN Class! 30 min 9:30am Taylor RIDE AND SHINE	6 9am Stretch / Susan FLOW
7	8 New! 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 5:45pm Dance Party Amber T.	9 NO CLASSES	10 New! 5:30am Susan ABS BLAST 9:30am Dance Amber 5:45pm Bootcamp	11 10 am Ask a Trainer STRENGTH MOBILITY NEW! 5:45pm Dance Party Amber T.	12 SPIN Class! 30 min 9:30am Michael RIDE AND SHINE	13 9am Chris BOOT CAMP
14	15 New! 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 5:45pm Dance Party Amber T.	16 9:30am Taylor Cardio Kickboxing 30 min New Class! 5:45pm Taylor BootyBlast	17 New! 5:30am Susan ABS BLAST 9:30am Dance Amber 5:45pm Bootcamp	18 10 am Ask a Trainer STRENGTH MOBILITY NEW! 5:45pm Dance Party Amber T.	19 SPIN Class! 30 min 9:30am Taylor RIDE AND SHINE	20 9am Spin Taylor
21	22 New! 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 5:45pm Dance Party Amber T.	23 9:30am Taylor Cardio Kickboxing 30 min New Class! 5:45pm Taylor BootyBlast	24 New! 5:30am Susan ABS BLAST 9:30am Dance Amber 5:45pm Bootcamp	25 10 am Ask a Trainer STRENGTH MOBILITY NEW! 5:45pm Dance Party Amber T.	26 SPIN Class! 30 min 9:30am Taylor RIDE AND SHINE	27 9am Chris BOOT CAMP
28	29 New! 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 5:45pm Dance Party Amber T.	30 9:30am Taylor Cardio Kickboxing 30 min New Class! 5:45pm Taylor BootyBlast			TAEKWONDO Tuesdays & Thursday 4:30-5:30 & 7-8 PM	