

SEPTEMBER 2025 SCHEDULE

MONDAY

HIIT-IT + AB LAB
6:30-7:30 AM

FLOW
3:45-4:15 PM

MOVE-IT + LIFT-IT
4:30-5:30 PM

TUESDAY

HIIT-IT + LIFT-IT
4:00-5:00 PM

FLOW
5:15-5:45 PM

MOVE-IT + LIFT-IT
6:00-7:00 PM

WEDNESDAY

MOVE-IT + LIFT-IT
6:30-7:30 AM

HIIT-IT + LIFT-IT
4:15-5:15 PM

AB LAB
5:30-6:00 PM

THURSDAY

MOVE-IT + LIFT-IT
5:30-6:30 PM

HIIT-IT + AB LAB
6:45-7:45 PM

FRIDAY

MOVE-IT + FLOW
5:00-6:00 AM

HIIT-IT + LIFT-IT
6:30-7:30 AM

HIIT-IT + AB LAB
5:00-6:00 PM

FLOW
6:15-6:45 PM

SATURDAY

LOW IMPACT
6:45-7:45 AM

HIIT-IT + LIFT-IT
8:00-9:00 AM

AB LAB
9:15-9:45 AM