

September 2019 Group Fitness Classes

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	1		2		3		4		5		6		7
				BattleRopes 1:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am					
	8		9		10		11		12		13		14
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am					
	15		16		17		18		19		20		21
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am					
	22		23		24		25		26		27		28
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Pound 4:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am Pound 4:00pm					
	29		30		1		2		3		4		5
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am					
	6		7		8		9		10		11		12
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am					