

September Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am		Leah SHRED	Heather LES MILLS BODYPUMP	Robbie SHRED	Morgan LES MILLS BODYPUMP	7:30 SHRED	
6:00	Kim LES MILLS BODYPUMP		Kim LES MILLS BODYPUMP			8:15 LES MILLS BODYPUMP	1:30 Stop Express
8:00	Donna Yoga		Donna Yoga	Pam Stop Express	Donna Yoga	9:15 LES MILLS CXWORX	2:30 LES MILLS BODYPUMP
8:15		Nancy W.  LES MILLS BODYPUMP				10:00 Cardio Rotation	3:30 Yoga
8:45	Kelly LES MILLS BODYATTACK	Cammie Shred Express	Stephanie LES MILLS BODYCOMBAT Beginning 8/14	Kelly Shred Express	Kelly LES MILLS BODYATTACK	11:15 Senior Cardio Dance	2:00 Deep Water Running
9:20		Cammie LES MILLS CXWORX		Kelly LES MILLS CXWORX		8:15 SPIN	
9:45	Cammie LES MILLS BODYPUMP		Stephanie LES MILLS BODYPUMP		Cammie LES MILLS BODYPUMP	9:30 Aqua Fit	
10:00		Judy <i>Beginner Pilates</i>		Judy <i>Beginner Pilates</i>			
11:00	Rebecca Sr. Cardio Fit	Tee SeniorMOVE!	Jennifer Yoga	Tee Sr. Cardio Fit	Rebecca Sr. Cardio Fit		
12:00	Nancy D. Shred Low	Gretchen Yoga	Nancy D. Shred Low	Gretchen Yoga			
2:00-2:30	CLEANING	CLEANING	CLEANING	CLEANING	CLEANING		
4:00				Jennifer Yoga			
4:45	Jennifer Yoga	Saana LES MILLS BODYATTACK	Tasha  ZUMBA	Saana LES MILLS BODYATTACK LES MILLS BODYCOMBAT			
5:30	Erin SHRED	Heather LES MILLS BODYPUMP Express	Leah SHRED	Kim LES MILLS BODYPUMP			
6:30	Kim LES MILLS BODYPUMP	Steph/Saana LES MILLS BODYCOMBAT		Heather <i>Pilates</i>			

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