



September Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
5:00 am		Leah SHRED		Lacey SHRED	
5:30	Kim LES MILLS BODYPUMP		Heather LES MILLS BODYPUMP		Kim/Heather LES MILLS BODYPUMP
8:00	Donna Yoga		Donna Yoga		Donna Yoga
8:45	Kelly LES MILLS BODYATTACK	Cammie Shred Express	Stephanie LES MILLS BODYCOMBAT	Kelly Shred Express	Kelly LES MILLS BODYATTACK
9:20		Cammie LES MILLS CXWORX		Kelly LES MILLS CXWORX	
9:45	Cammie LES MILLS BODYPUMP		Stephanie LES MILLS BODYPUMP		Cammie LES MILLS BODYPUMP
11:15	Nancy Senior Cardio Fit		Jennifer Yoga		Rebecca Senior 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
3:45	LES MILLS BODYPUMP <i>virtual</i>		LES MILLS BODYPUMP <i>virtual</i>		
4:00					
4:45	Jennifer Yoga	Saana LES MILLS BODYATTACK	Tasha 	Jennifer Yoga <i>(new time)</i>	
5:30		Heather  LES MILLS BODYPUMP	Saana LES MILLS BODYCOMBAT	Kim LES MILLS BODYPUMP	
6:15			Saana LES MILLS CXWORX		
6:30	Kim LES MILLS BODYPUMP	Kaylie LES MILLS BODYCOMBAT			