



Group Fitness Sept 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Closed	3 No Classes	4 5am BodyPump 8:30am BodyPump 10:15am Baby Boomers 5:30pm BodyPump	5 7:30am Chair Fitness 8:30am Basis Step 9:45am Yoga 4:45pm Spin 5:30pm BodyBalance	6 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomer	7
8	9 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	10 5am Spin 7:30am Chair Fitness 8:30am BodyCombat(45) 9:40am BodyBalance 5:30 Spin	11 5am BodyPump 8:30am BodyPump 10:15am Baby Boomers 5:30pm BodyPump	12 7:30am Chair Fitness 8:30 Basic Step 9:45am Yoga 4:45pm Spin 5:30pm BodyBalance	13 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers	14
15	16 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump	17 5am Spin 7:30am Chair Fitness 8:30am BodyCombat(45) 9:40am BodyBalance 5:30 Spin	18 5am BodyPump 8:30am BodyPump 10:15am Baby Boomers 5:30pm BodyPump	19 7:30am Chair Fitness 8:30 Basic Step 9:45am Yoga 4:45pm Spin 5:30pm BodyBalance	20 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers	21
22	23 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm Body Pump	24 5am Spin 7:30 Chair Fitness 8:30am BodyCombat(45) 9:40am BodyBalance 5:30 Spin	25 5am BodyPump 8:30am BodyPump 10:15am Baby Boomers 5:30pm BodyPump	26 7:30am Chair Fitness 8:30 Basic Step 9:45am Yoga 4:45pm Spin 5:30pm BodyBalance	27 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers	28
29	30 5am BodyPump 8:30am BodyPump 9:35am Zumba Gold 9:45am Spin 10:15am Baby Boomers 5:30pm BodyPump					