


FITNESS CLASS SCHEDULE

September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 8:30 am P90X 5:00pm: Vinyasa	2 6:30 am Core 8:30am: Body Strength 	3 7:00 am Vinyasa 8:30am: Tabata 10:00am: Gentle Yoga 10:30am: Aquacise NEW	4 8:30am: Core/ Step Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	5 8:30 am Body Strength 10:00am: Multi-Level Yoga 10:30am: Aquacise NEW	6 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	7 8:00am: Strength/ Fusion 8:45 am Vinyasa
8 8:30 am P90X 5:00pm: Vinyasa	9 6:30 am Core 8:30am: Body Strength 9:35am: Stretch/Tone 10:30am: Aquacise 5:00pm: Insanity	10 7:00 am Vinyasa 8:30am: Tabata 10:00am: Gentle Yoga 10:30am: Aquacise NEW	11 8:30am: Core/ Step Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	12 8:30 am Body Strength 10:00am: Multi-Level Yoga 10:30am: Aquacise NEW	13 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	14 8:00am: Strength/ Fusion 8:45 am Vinyasa
15 8:30 am P90X 5:00pm: Vinyasa	16 6:30 am Core 8:30am: Body Strength 9:35am: Stretch/Tone 10:30am: Aquacise 5:00pm: Insanity	17 7:00 am Vinyasa 8:30am: Tabata 10:00am: Gentle Yoga 10:30am: Aquacise NEW	18 8:30am: Core/ Step Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	19 8:30 am Body Strength 10:00am: Multi-Level Yoga 10:30am: Aquacise NEW	20 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	21 8:00am: Strength/ Fusion 8:45 am Vinyasa
22 8:30 am P90X 5:00pm: Vinyasa	23 6:30 am Core 8:30am: Body Strength 9:35am: Stretch/Tone 10:30am: Aquacise 5:00pm: Insanity	24 7:00 am Vinyasa 8:30am: Tabata 10:00am: Gentle Yoga 10:30am: Aquacise NEW	25 8:30am: Core/ Step Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	26 8:30 am Body Strength 10:00am: Multi-Level Yoga 10:30am: Aquacise NEW	27 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	28 8:00am: Strength/ Fusion 8:45 am Vinyasa
29 8:30am: P90X 5:00pm: Vinyasa	30 6:30 am Core 8:30am: Body Strength 9:35am: Stretch/Tone 10:30am: Aquacise 5:00pm: Insanity					