

# SEPTEMBER GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:15 AM</b>	Move It(C)/Kayla	Boot Camp(B)/ Jason	Move It(C)/Kayla	Boot Camp(B)/ Jason	Battle Fit(C)/ Jason		
<b>10:00 AM</b>		Power Yoga(A)/ Ben		Power Yoga(A)/ Ben	BodyPump(B)/ Stephanie	BodyPump(B)/ Megan	
<b>11:00 AM</b>					Zumba (B)/ Stephanie	BodyAttack(B)/ Megan	
<b>12:30 PM</b>			Synergy Circuit (UpperFitness)/Kalya				
<b>4:45 PM</b>	CXWORX(B)/Jen Mac						
<b>5:30 PM</b>							
<b>RM A</b>	Zumba/Zoe	Power Yoga/Ryan W.	Spinning/Scott	Zumba Strong/ Kevin			Spinning(A)/Ryan Wal.
<b>RM B</b>	BOSU/Jen Mac	BodyPump/Kylie	BodyAttack/ Megan	BodyPump/Kylie			
<b>RM C</b>	BattleFit/Jason						
<b>6:00 PM</b>		Aqua HIIT(Pool)/ Jessica		Aqua HIIT(Pool)/ Jessica			
<b>6:40 PM</b>							
<b>RM A</b>	Spinning/Scott	Spinning/Melissa	Spinning/Rohit	Zumba/Abby			Power Yoga/Ben
<b>RM B</b>	BodyPump/ Jaclyn	Zumba/Zoe	BodyPump/Jen Mac	BodyPump/Jaclyn			
<b>RM C</b>		Battle Fit/Sam	Battle Fit/Jason	Battle Fit/Sam			
<b>7:50 PM</b>							
<b>RM A</b>	Zumba/Heather	Zumba/Heather	Zumba/Abby	Power Yoga/Ryan W.			
<b>RM B</b>	BodyFlow/Kylie	BodyPump/ Megan	BodyFlow/Kylie	BodyPump/Megan			
<b>RM C</b>	Move It/Michaela		Move It/Michaela				

**Class Cancellations/Substitutions**

\*BOSU September 11 will be subbed with BodyAttack