

# September 2019



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 NO AM CLASSES 5:30-6:30 PM* Open Circuit <i>*please note time change</i>	3 5:15 PM Stretch Balance & Flow 6:00 PM Tabata/Barre Mix	4 5:15 AM Strength 5:30-6:30 PM Stability Ball/Core	5 6:00 PM Total Body Conditioning 6:30 PM Stretch	6 5:15 AM Strength	7 7:30 AM-9:00 AM Open Circuit
8	9 5:15 AM Total Body Conditioning 5:00-7:00 PM Open Circuit	10 5:15 PM Stretch Balance & Flow 6:00 PM Tabata/Barre Mix	11 5:15 AM Strength 5:30-6:30 PM Stability Ball/Core	12 6:00 PM Total Body Conditioning 6:30 PM Stretch	13 5:15 AM Strength	14 7:30 AM-9:00 AM Open Circuit
15	16 5:15 AM Total Body Conditioning 5:00-7:00 PM Open Circuit	17 5:15 PM Stretch Balance & Flow 6:00 PM Tabata/Barre Mix	18 5:15 AM Strength NO PM CLASSES	19 6:00 PM Total Body Conditioning 6:30 PM Stretch	20 5:15 AM Strength	21 7:30 AM-9:00 Open Circuit
22	23 5:15 AM Total Body Conditioning 5:00-7:00 PM Open Circuit	24 5:15 PM Stretch Balance & Flow 6:00 PM Tabata/Barre Mix	25 5:15 AM Strength 5:30-6:30 PM Stability Ball/Core	26 6:00 PM Total Body Conditioning 6:30 PM Stretch	27 5:15 AM Strength	28 7:30 AM-9:00 AM Open Circuit
29	30 5:15 AM Total Body Conditioning 5:00-7:00 PM Open Circuit					