

Fitness Classes - September 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>Note: * (class held in lounge)</p>					<p>1 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>2 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>3 Indoor Cycling 8:15-9:15</p>	<p>4 NO CLASSES (Building Hours 8am - 5pm) LABOR DAY</p>	<p>5 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>6 *Yoga 9:00-9:45 Zumba 9:40-10:40 *Yoga 7:30pm-8:15pm</p>	<p>7 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>8 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>9 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>10 Indoor Cycling 8:15-9:15</p>	<p>11 Total Strength 6:00-7:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p>	<p>12 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>13 *Yoga 9:00-9:45 Zumba 9:40-10:40 *Yoga 7:30pm-8:15pm</p>	<p>14 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05 Evening Cycling 7:00pm-8:00pm</p>	<p>15 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>16 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>17 Indoor Cycling 8:15-9:15</p>	<p>18 Total Strength 6:00-7:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p>	<p>19 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>20 *Yoga 9:00-9:45 Zumba 9:40-10:40 *Yoga 7:30pm-8:15pm</p>	<p>21 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05 Evening Cycling 7:00pm-8:00pm</p>	<p>22 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>23 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>24 Indoor Cycling 8:15-9:15</p>	<p>25 Total Strength 6:00-7:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p>	<p>26 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>27 Barre 8:30-9:20 *Yoga 9:00-9:45 Zumba 9:40-10:40 *Yoga 7:30pm-8:15pm</p>	<p>28 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05 Evening Cycling 7:00pm-8:00pm</p>	<p>29 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30 *Tai Chi 9:30-10:30</p>	<p>30 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>