

September 2018

Mon	Tue	Wed	Thu	Fri	Sat
3. Labor Day CLOSED!!	4. Sculp Sculpt –Anna 5:00am SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm	5.. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm	6. Sculp Sculpt –Anna 5:00am SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm	7. CYCLING Angie 6:00am	8. HARD CORE Dawn 10:00am
10. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm	11. Sculp Sculpt –Anna 5:00am SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm	12. CYCLING-Angie 6:00am 4:30 Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm	13. Sculp Sculpt –Anna 5:00am SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm	14. CYCLING Angie 6:00am	15. HARD CORE Dawn 10:00am Upstairs Room
17. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm	18. Sculp Sculpt –Anna 5:00am SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm	19. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm	20. Sculp Sculpt –Anna 5:00am SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm	21. CYCLING Angie 6:00am	22. HARD CORE Dawn 10:00am Upstairs Room
24. SPINNING Laurette 5:00pm Line Dancing with Jamie 5:30pm	25. Sculp Sculpt –Anna 5:00am SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm	26. CYCLING-Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm	27.. Sculp Sculpt –Anna 5:00am SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm TABATA-Susan 6:00pm	28. CYCLING Angie 6:00am	29. HARD CORE Dawn 10:00am