



SEPTEMBER 2022 GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM		6:00 AM	*****	6:00 AM	6:00 AM	8:30
		BODY PUMP W/ TAMEKA	COMING 9/14@12 NOON YOGA W/BRANDI	BODY PUMP W/ TRISHA	CYCLE W/ TAMEKA	BODYPUMP W/ TAMEKA
		5:00PM		5:00 PM		
		YOGA W/ JILL		YOGA W/ JILL		
	6:00 PM	6:00 PM	6:00 PM	6:00 PM	5:30 PM	
	BODY ATTACK BODYPUMP	ZUMBA	BODY PUMP	BODY COMBAT		
	W/ DENISSE	W/YVONNE	W/ TRACEY	W/ JOEL&JENN	W/ CHRISTY	

