



## SEPTEMBER 2021 GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	6:00PM BODYATTACK DENISSE	6:00 AM BODYPUMP TAMEKA		6:00 AM BODYPUMP TRISHA	6:00 AM CYCLE TAMEKA	8:30 AM BODYPUMP (TAMEKA)
5:00 PM		5:00 PM VINYASA YOGA JILL	6:00 PM BODYPUMP TRACEY		5:30 PM BODYPUMP CHRIS	9:30AM ZUMBA LASHAWNA
5:30PM	6:00 PM BODYATTACK DENISSE			6:00 PM BODYCOMBAT JEN		10:30 AM Vinyasa Yoga Jill
6:00PM				7:00PM ZUMBA LASHAWNA		

**NOTE: Yoga will be canceled for Saturday, 9/4/21**  
**Yoga will be canceled for Saturday, 9/25/21**

