



GROUP FITNESS SCHEDULE September 2022

New Classes/Instructors/Subs Highlighted in **blue**, **Purple** & **Green**

No class days in red

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29	30	31	1	2	3
		Grit Strength-Bobby	GRIT/Athletic-Racheal			
8:30AM	Body Pump-Racheal	Cycling-Racheal	Zumba Bobby	Body Pump – Elbert	Body Combat-Lisa Yoga-no Class	No Classes Labor day weekend
9:30am	Yoga-Mirka					
4:30pm	Yoga Mirka		Yoga no class			
5:30PM	Pop Pilates-Hannah Cycling-Stephanie	BODYPUMP -Heather	No Cycling-	BODY PUMP Jessica		
6:30PM	Zumba-Chanel	Body Combat - Ashley Heather				
7:00PM			Hip Hop Stephanie			
	5	6	7	8	9	10
8:00AM		GRIT Strength-Bobby	GRIT–Athletic Racheal			
8:30AM	Body Pump-Racheal	Cycling-Racheal	Zumba-Bobby	Body Pump- Lisa	Body Combat-Lisa Yoga-Mirka	Body Pump-Bobby Cycling-Stephanie
9:30am	Yoga-Mirka					
4:30PM	Yoga-Mirka		Yoga-Mirka			
5:30PM	Pop Pilates-Hannah Cycling-Stephanie	BODYPUMP – Heather	GRIT-Katrina	Body Pump-Jessica		
6:30PM	Zumba-Chanel	Body Combat – Ashley		Body Combat-Ashley		
7:00PM			Hip Hop- Stephanie			
	12	13	14	15	16	17
8:00AM		GRIT Strength-Bobby	GRIT-Athletic-Racheal			

8:30AM	Body Pump- Racheal	Cycling- Racheal	Zumba- Bobby	Body Pump- Lisa	Body Combat-Lisa Yoga-Zoe	Body Pump- Elbert Cycling- Patrice
9:30am	Yoga-Mirka					
4:30pm	Yoga-Mirka		Yoga-Mirka			
5:30PM	Pop Pilates-Hannah CYCLING-Stephanie	BODYPUMP - Heather	GRIT-Katrina	Body Pump- Jessica		
6:30PM	Zumba - Chanel	Body Combat - Ashley		Body Combat- Hannah		
7:00PM			Hip Hop-Stephanie			
	19	20	21	22	23	24
8:00AM		GRIT Strength-Bobby	Grit athletic-Racheal			
8:30AM	Body Pump-Racheal	Cycling-Racheal	Zumba – Bobby	Body Pump - Lisa	Body Combat-Lisa	Body Pump-Bobby Cycling-Patrice
9:30am	Yoga-no class				Yoga-No Class	
4:30PM	Yoga-no class		Yoga-No class			
5:30PM	Pop pilates-Hannah Cycling – Stephanie	BODYPUMP -Heather	GRIT-Katrina	Body Pump-Jessica		
6:30PM	Zumba - Chanel	Body Combat- Ashley		Body Combat- Ashley		
7:00PM			Hip Hop - Stephanie			
	26	27	28	29	30	1
8:00AM		GRIT Strength-Bobby	GRIT Athletic- Racheal			
8:30AM	Body Pump-Racheal	Cycling- Racheal	Zumba - Bobby	Body Pump- Lisa	Body Combat-Lisa Yoga-Mirka	Body Pump-Bobby
9:30am	Yoga-Mirka					
4:30PM	Yoga- Mirka		Yoga-Mirka			
5:30PM	Pop Pilates Hannah Cycling-Stephanie	Body Pump- Heather	GRIT-Katrina	Body Pump- Elbert Body Combat- Hannah		
6:30PM	Zumba-Chanel	Body Combat- Ashley				
7:00PM			Hip Hop - Stephanie			