

September

2019

Fit For Life 24 Group Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	SMARTFIT: 9:00 AM BODYPUMP: 5:30 PM SMARTFIT: 6:00 PM CYCLE: 6:15 PM BODYCOMBAT: 6:30 PM	BODYPUMP: 5:40 AM PUMPED UP: 9:30 AM SENIOR FIT: 11:15 AM BODYATTACK: 6:00 PM SMARTFIT: 6:30 PM YOGA: 7:00 PM	CYCLE: 5:40 AM SMARTFIT: 9:00 AM SENIOR FIT: 11:15 AM ZUMBA: 5:45 PM SMARTFIT: 6:00 PM BODYPUMP: 6:30 PM	BODYPUMP: 5:40 AM CYCLE H.I.I.T: 9:30 AM SENIOR FIT: 11:00 AM BODYATTACK: 5:30 PM ZUMBA: 6:20 PM SMARTFIT: 6:30 PM	CYCLE: 6:00 AM YOGA: 9:15 AM SMARTFIT: 9:00 AM BODYPUMP: 10:30 AM BODYCOMBAT: 2:00 PM BODYPUMP: 5:30 PM	BODYPUMP: 8:45 AM SMARTFIT: 9:00 AM BODYATTACK: 10:00 AM ZUMBA: 11:00 AM
8	9	10	11	12	13	14
	SMARTFIT: 9:00 AM BODYPUMP: 5:30 PM SMARTFIT: 6:00 PM CYCLE: 6:15 PM BODYCOMBAT: 6:30 PM	BODYPUMP: 5:40 AM PUMPED UP: 9:30 AM SENIOR FIT: 11:15 AM BODYATTACK: 6:00 PM SMARTFIT: 6:30 PM YOGA: 7:00 PM	CYCLE: 5:40 AM SMARTFIT: 9:00 AM SENIOR FIT: 11:15 AM ZUMBA: 5:45 PM SMARTFIT: 6:00 PM BODYPUMP: 6:30 PM	BODYPUMP: 5:40 AM CYCLE H.I.I.T: 9:30 AM SENIOR FIT: 11:00 AM BODYATTACK: 5:30 PM ZUMBA: 6:20 PM SMARTFIT: 6:30 PM	CYCLE: 6:00 AM YOGA: 9:15 AM SMARTFIT: 9:00 AM BODYPUMP: 10:30 AM BODYCOMBAT: 2:00 PM BODYPUMP: 5:30 PM	BODYPUMP: 8:45 AM SMARTFIT: 9:00 AM BODYATTACK: 10:00 AM ZUMBA: 11:00 AM
15	16	17	18	19	20	21
	SMARTFIT: 9:00 AM BODYPUMP: 5:30 PM SMARTFIT: 6:00 PM CYCLE: 6:15 PM BODYCOMBAT: 6:30 PM	BODYPUMP: 5:40 AM PUMPED UP: 9:30 AM SENIOR FIT: 11:15 AM BODYATTACK: 6:00 PM SMARTFIT: 6:30 PM YOGA: 7:00 PM	CYCLE: 5:40 AM SMARTFIT: 9:00 AM SENIOR FIT: 11:15 AM ZUMBA: 5:45 PM SMARTFIT: 6:00 PM BODYPUMP: 6:30 PM	BODYPUMP: 5:40 AM CYCLE H.I.I.T: 9:30 AM SENIOR FIT: 11:00 AM BODYATTACK: 5:30 PM ZUMBA: 6:20 PM SMARTFIT: 6:30 PM	CYCLE: 6:00 AM YOGA: 9:15 AM SMARTFIT: 9:00 AM BODYPUMP: 10:30 AM BODYCOMBAT: 2:00 PM BODYPUMP: 5:30 PM	BODYPUMP: 8:45 AM SMARTFIT: 9:00 AM BODYATTACK: 10:00 AM ZUMBA: 11:00 AM

<p>22</p>	<p>23</p> <p>SMARTFIT: 9:00 AM BODYPUMP: 5:30 PM SMARTFIT: 6:00 PM CYCLE: 6:15 PM BODYCOMBAT: 6:30 PM</p>	<p>24</p> <p>BODYPUMP: 5:40 AM PUMPED UP: 9:30 AM SENIOR FIT: 11:15 AM BODYATTACK: 6:00 PM SMARTFIT: 6:30 PM YOGA: 7:00 PM</p>	<p>25</p> <p>CYCLE: 5:40 AM SMARTFIT: 9:00 AM SENIOR FIT: 11:15 AM ZUMBA: 5:45 PM SMARTFIT: 6:00 PM BODYPUMP: 6:30 PM</p>	<p>26</p> <p>BODYPUMP: 5:40 AM CYCLE H.I.I.T: 9:30 AM SENIOR FIT: 11:00 AM BODYATTACK: 5:30 PM ZUMBA: 6:20 PM SMARTFIT: 6:30 PM</p>	<p>27</p> <p>CYCLE: 6:00 AM YOGA: 9:15 AM SMARTFIT: 9:00 AM BODYPUMP: 10:30 AM BODYCOMBAT: 2:00 PM BODYPUMP: 5:30 PM</p>	<p>28</p> <p>BODYPUMP: 8:45 AM SMARTFIT: 9:00 AM BODYATTACK: 10:00 AM ZUMBA: 11:00 AM</p>
<p>29</p>	<p>30</p> <p>SMARTFIT: 9:00 AM BODYPUMP: 5:30 PM SMARTFIT: 6:00 PM CYCLE: 6:15 PM BODYCOMBAT: 6:30 PM</p>					