|  |  |
| --- | --- |
| 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 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | 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 |
| 29 | 30 |  |  |  |  |  |
|  | SMARTFIT: 9:00 AM  BODYPUMP: 5:30 PM  SMARTFIT: 6:00 PM  CYCLE: 6:15 PM  BODYCOMBAT: 6:30 PM |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |