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| September |  |
|  | 2019 |
| Fit For Life 24 Group Fitness Schedule |  |

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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | SMARTFIT: 9:00 AMBODYPUMP: 5:30 PM SMARTFIT: 6:00 PMCYCLE: 6:15 PM BODYCOMBAT: 6:30 PM | BODYPUMP: 5:40 AMPUMPED UP: 9:30 AMSENIOR FIT: 11:15 AMBODYATTACK: 6:00 PM SMARTFIT: 6:30 PM YOGA: 7:00 PM  | CYCLE: 5:40 AM SMARTFIT: 9:00 AM SENIOR FIT: 11:15 AMZUMBA: 5:45 PMSMARTFIT: 6:00 PMBODYPUMP: 6:30 PM | BODYPUMP: 5:40 AMCYCLE H.I.I.T: 9:30 AMSENIOR FIT: 11:00 AMBODYATTACK: 5:30 PM ZUMBA: 6:20 PM SMARTFIT: 6:30 PM | CYCLE: 6:00 AMYOGA: 9:15 AMSMARTFIT: 9:00 AMBODYPUMP: 10:30 AMBODYCOMBAT: 2:00 PM BODYPUMP: 5:30 PM | BODYPUMP: 8:45 AMSMARTFIT: 9:00 AMBODYATTACK: 10:00 AMZUMBA: 11:00 AM |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | SMARTFIT: 9:00 AMBODYPUMP: 5:30 PM SMARTFIT: 6:00 PMCYCLE: 6:15 PM BODYCOMBAT: 6:30 PM | BODYPUMP: 5:40 AMPUMPED UP: 9:30 AMSENIOR FIT: 11:15 AMBODYATTACK: 6:00 PM SMARTFIT: 6:30 PM YOGA: 7:00 PM | CYCLE: 5:40 AM SMARTFIT: 9:00 AM SENIOR FIT: 11:15 AMZUMBA: 5:45 PMSMARTFIT: 6:00 PMBODYPUMP: 6:30 PM | BODYPUMP: 5:40 AMCYCLE H.I.I.T: 9:30 AMSENIOR FIT: 11:00 AMBODYATTACK: 5:30 PM ZUMBA: 6:20 PM SMARTFIT: 6:30 PM | CYCLE: 6:00 AMYOGA: 9:15 AMSMARTFIT: 9:00 AMBODYPUMP: 10:30 AMBODYCOMBAT: 2:00 PM BODYPUMP: 5:30 PM | BODYPUMP: 8:45 AMSMARTFIT: 9:00 AMBODYATTACK: 10:00 AMZUMBA: 11:00 AM |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | SMARTFIT: 9:00 AMBODYPUMP: 5:30 PM SMARTFIT: 6:00 PMCYCLE: 6:15 PM BODYCOMBAT: 6:30 PM | BODYPUMP: 5:40 AMPUMPED UP: 9:30 AMSENIOR FIT: 11:15 AMBODYATTACK: 6:00 PM SMARTFIT: 6:30 PM YOGA: 7:00 PM | CYCLE: 5:40 AM SMARTFIT: 9:00 AM SENIOR FIT: 11:15 AMZUMBA: 5:45 PMSMARTFIT: 6:00 PMBODYPUMP: 6:30 PM | BODYPUMP: 5:40 AMCYCLE H.I.I.T: 9:30 AMSENIOR FIT: 11:00 AMBODYATTACK: 5:30 PM ZUMBA: 6:20 PM SMARTFIT: 6:30 PM | CYCLE: 6:00 AMYOGA: 9:15 AMSMARTFIT: 9:00 AMBODYPUMP: 10:30 AMBODYCOMBAT: 2:00 PM BODYPUMP: 5:30 PM | BODYPUMP: 8:45 AMSMARTFIT: 9:00 AMBODYATTACK: 10:00 AMZUMBA: 11:00 AM  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | SMARTFIT: 9:00 AMBODYPUMP: 5:30 PM SMARTFIT: 6:00 PMCYCLE: 6:15 PM BODYCOMBAT: 6:30 PM | BODYPUMP: 5:40 AMPUMPED UP: 9:30 AMSENIOR FIT: 11:15 AMBODYATTACK: 6:00 PM SMARTFIT: 6:30 PM YOGA: 7:00 PM | CYCLE: 5:40 AM SMARTFIT: 9:00 AM SENIOR FIT: 11:15 AMZUMBA: 5:45 PMSMARTFIT: 6:00 PMBODYPUMP: 6:30 PM | BODYPUMP: 5:40 AMCYCLE H.I.I.T: 9:30 AMSENIOR FIT: 11:00 AMBODYATTACK: 5:30 PM ZUMBA: 6:20 PM SMARTFIT: 6:30 PM | CYCLE: 6:00 AMYOGA: 9:15 AMSMARTFIT: 9:00 AMBODYPUMP: 10:30 AMBODYCOMBAT: 2:00 PM BODYPUMP: 5:30 PM | BODYPUMP: 8:45 AMSMARTFIT: 9:00 AMBODYATTACK: 10:00 AMZUMBA: 11:00 AM |
| 29 | 30 |  |  |  |  |  |
|  | SMARTFIT: 9:00 AMBODYPUMP: 5:30 PM SMARTFIT: 6:00 PMCYCLE: 6:15 PM BODYCOMBAT: 6:30 PM |  |  |  |  |  |
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