

September 2019

* MUST be signed up online to attend class

SMARTFIT360

HWY 33

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2</p> <p>9:30 Brian HIIT UB</p> <p>5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB</p>	<p>3</p> <p>9:30 Eric BOOTCAMP</p> <p>5:30 Liz HIIT UB 6:00 Liz CORE BLAST 6:30 Liz HIIT UB</p>	<p>4</p> <p>9:30 Brian HIIT LB</p> <p>5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey HIIT BOOTCAMP</p>	<p>5</p> <p>9:30 Eric HIIT TB</p> <p>5:30 Liz HIIT TB 6:00 Liz CORE BLAST 6:30 Liz HIIT TB</p>	<p>6</p> <p>9:30 Eric <i>Feel The Burn</i></p>	<p>7</p> <p>9:30 Trey <i>Weekend Warrior</i></p>
<p>9</p> <p>9:30 Brian BOOTCAMP</p> <p>5:30 Trey HIIT TB 6:00 Trey CORE BLAST 6:30 Trey HIIT TB</p>	<p>10</p> <p>9:30 Eric HIIT TB</p> <p>5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP</p>	<p>11</p> <p>9:30 Brian HIIT LB</p> <p>5:30 Trey HIIT UB 6:00 Trey CORE BLAST 6:30 Trey HIIT UB</p>	<p>12</p> <p>9:30 Eric BOOTCAMP</p> <p>5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP</p>	<p>13</p> <p>9:30 Eric <i>Feel the Burn</i></p>	<p>14</p> <p>9:30 Brian BOOTCAMP</p>
<p>16</p> <p>9:30 Brian HIIT TB</p> <p>5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP</p>	<p>17</p> <p>9:30 Eric HIIT LB</p> <p>5:30 Liz HIIT TB 6:00 Liz CORE BLAST 6:30 Liz HIIT TB</p>	<p>18</p> <p>9:30 Brian BOOTCAMP</p> <p>5:30 Trey HIIT LB 6:00 Trey CORE BLAST 6:30 Trey HIIT LB</p>	<p>19</p> <p>9:30 Eric HIIT TB</p> <p>5:30 Brian HIIT UB 6:00 Brian CORE BLAST 6:30 Brian HIIT UB</p>	<p>20</p> <p>9:30 Eric <i>Feel The Burn</i></p>	<p>21</p> <p>9:30 Trey <i>Weekend Warrior</i></p>

23	24	25	26	27	28
<p>9:30 Brian BOOTCAMP</p> <p>5:30 Trey HIIT UB 6:00 Trey CORE BLAST 6:30 Trey HIIT UB</p> <p>30</p> <p>9:30 Brian HIIT TB</p> <p>5:30 Trey BOOTCAMP 6:00 Trey CORE BLAST 6:30 Trey BOOTCAMP</p>	<p>9:30 Eric HIIT UP</p> <p>5:30 Liz BOOTCAMP 6:00 Liz CORE BLAST 6:30 Liz BOOTCAMP</p>	<p>9:30 Brian HIIT LB</p> <p>5:30 Trey HIIT LB 6:00 Trey CORE BLAST 6:30 Trey HIIT LB</p>	<p>9:30 Eric BOOTCAMP</p> <p>5:30 Liz HIIT UB 6:00 Liz CORE BLAST 6:30 Liz HIIT UB</p>	<p>9:30 Eric <i>Feel The Burn</i></p>	<p>9:30 Brian BOOTCAMP</p>