



## Group Fitness schedule September

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM	6:15am Circuit Training	6:00am Body Pump		6:00am Body Pump	6:00am Cycle	8:30am Body Pump
PM	6:00pm Body Pump	6:00pm Body Attack	6:00pm Body Pump	6:00pm Body combat		
				7:00pm Yoga 101		