

Workouts Unlimited Group X Classes September 2019

Class Descriptions are on the back side!

Check website www.workoutsunlimited.com for updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2  Classes Cancelled	3 5:00a - Spin - Kadi 8:15a - F.I.T/ Stretch - Kadi 9:00a - Yoga - Kadi 10:15a - SS Classic - Kadi 5:30 - Unloaded - Katricia	4 5:30a - F.I.T. - Katricia 8:30a - F.I.T. 2-3 - Brandy 4:00 - Spin Tabata - Kadi 5:30 - Yoga - Kadi 7:00 - High Fitness	5 5:00a - Spin - Madisen 8:30a - Spin / H.I.T. - Amy 10:15a - SS Yoga - Kadi 5:30 - Unloaded - Katricia 7:00 - High Fitness	6 5:30a -Power Pilates-Jennie 8:30a -Body Sculpt - Allison 9:15a - Stretch - Allison 10:15a - SS Classic - Kadi	7 8:15a - Spin - Kadi 9:15a - Yoga - Kadi
8	9 5:30a - Spin/Tone - Jennie 8:30a - Spin Fusion - Amy 4:00 - Tabata - Kadi 5:30 - Yoga - Kadi 7:00 - High Fitness	10 5:00a - Spin - Kadi 8:15a - F.I.T/ Stretch - Kadi 9:00a - Yoga - Kadi 10:15a - SS Classic - Kadi 5:30 - Unloaded - Ashley	11 5:30a - F.I.T. - Katricia 8:30a - F.I.T. 2-3 - Kacie 4:00 - Spin Tabata - Kadi 5:30 - Yoga - Kadi 7:00 - High Fitness	12 5:00a - Spin - Madisen 8:30a - Spin / H.I.T.- Amy 10:15a - SS Yoga - Kadi 5:30 - Unloaded - Ashley 7:00 - High Fitness	13 5:30a -Power Pilates - Jennie 8:30a -Body Sculpt - Allison 9:15a - Stretch - Allison 10:15a - SS Classic - Kadi	14 8:15a - Spin - Kadi 9:15a - Yoga - Kadi
15	16 5:30a - Spin/Tone - Jennie 8:30a - Spin Fusion - Amy 4:00 - Tabata - Kadi 5:30 - Yoga - Kadi 7:00 - High Fitness	17 5:00a - Spin - Kadi 8:15a - F.I.T/ Stretch - Kadi 9:00a - Yoga - Kadi 10:15a - SS Classic - Kadi 5:30 - Unloaded - Katricia	18 5:30a - F.I.T. - Katricia 8:30a - F.I.T. 2-3 - Brandy 4:00 - Spin Tabata - Kadi 5:30 - Yoga - Kadi 7:00 - High Fitness	19 5:00a - Spin - Madisen 8:30a - Spin / H.I.T.- Amy 10:15a - SS Yoga - Kadi 5:30 - Unloaded - Katricia 7:00 - High Fitness	20 5:30a -Power Pilates - Jennie 8:30a -Body Sculpt - Allison 9:15a - Stretch - Allison 10:15a - SS Classic - Kadi	21 8:15a - Spin - Kadi 9:15a - Yoga - Kadi
22	23 5:30a - Spin/Tone - Jennie 8:30a - Spin Fusion - Amy 4:00 - Tabata- Kadi 5:30 - Yoga - Kadi 7:00 - High Fitness	24 5:00a - Spin - Kadi 8:15a - F.I.T/ Stretch - Kadi 9:00a - Yoga - Kadi 10:15a - SS Classic - Kadi 5:30 - Unloaded - Ashley	25 5:30a - F.I.T. - Katricia 8:30a - F.I.T. 2-3 - Brandy 4:00 - Spin Tabata - Kadi 5:30 - Yoga - Kadi 7:00 - High Fitness	26 5:00a - Spin - Madisen 8:30a - Spin / H.I.T.- Amy 10:15a - SS Yoga - Kadi 5:30 - Unloaded - Ashley 7:00 - High Fitness	27 5:30a -Power Pilates - Jennie 8:30a -Body Sculpt - Kadi 9:15a - Stretch - Kadi 10:15a - SS Classic - Kadi	28 8:15a - Spin - Kadi 9:15a - Yoga - Kadi
29	30 5:30a - Spin/Tone - Jennie 8:30a -Spin Fusion - Amy 4:00 - Tabata - Kadi 5:30 - Yoga - Kadi 7:00 - High Fitness					