

WORKOUTS UNLIMITED

GROUP X CLASSES

SEPTEMBER 2020

Class Descriptions are on the back side!

Check website www.workoutsunlimited.com for updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5:00am- Spin- Kadi 8:30am-Tabata- Kadi 9:15am-Yoga-Kadi 6:15pm- High Fitness- Brook	2 8:30am- Tabata- Amy 9:30am-SS Combo-Kadi 4:00pm- Spin- Kadi 5:30pm-Yoga-Kadi	3 8:30am- Spin-Amy 6:15pm- High Fitness- Brook	4 8:30am- Sculpt-Allison 9:15am-Stretch- Allison 10:00am-SS Combo-Kadi	NO CLASS
	7 NO CLASS 	8 5:00am- Spin- Kadi 8:30am-Tabata- Kadi 9:15am-Yoga-Kadi 6:15pm- High Fitness- Brook	9 8:30am- Tabata- Amy 9:30am-SS Combo-Kadi 4:00pm- Spin- Kadi 5:30pm-Yoga-Kadi	10 8:30am- Spin-Amy 6:15pm- High Fitness- Brook	11 8:30am- Sculpt-Allison 9:15am-Stretch- Allison 10:00am-SS Combo-Kadi	12 7:30am- Spin- Kadi 8:30am- Yoga- Kadi
	14 5:30am- Spin- Jennie 8:30am- Spin-Amy 4:00pm- Spin- Kadi 5:30pm- Yoga- Kadi	15 5:00am- Spin- Kadi 8:30am-Tabata- Kadi 9:15am-Yoga-Kadi 6:15pm- High Fitness- Brook	16 8:30am- Tabata- Amy 9:30am-SS Combo-Kadi 4:00pm- Spin- Kadi 5:30pm-Yoga-Kadi	17 8:30am- Spin-Amy 6:15pm- High Fitness- Katie	18 8:30am- Sculpt- Allison 9:15am-Stretch- Allison 10:00am-SS Combo-Kadi	19 7:30am- Spin- Malina 8:30am- Yoga- Lis
	21 5:30am- Spin- Jennie 8:30am- Spin-Amy 4:00pm- Spin- Kadi 5:30pm- Yoga- Kadi	22 5:00am- Spin- Kadi 8:30am-Tabata- Kadi 9:15am-Yoga-Kadi 6:15pm- High Fitness- Brook	23 8:30am- Tabata- Amy 9:30am-SS Combo-Kadi 4:00pm- Spin- Kadi 5:30pm-Yoga-Kadi	24 8:30am- Spin-Amy 6:15pm- High Fitness- Katie	25 8:30am- Sculpt- Kadi 9:15am-Stretch- Kadi 10:00am-SS Combo-Kadi	26 7:30am- Spin- Kadi 8:30am- Yoga- Kadi
	28 5:30am- Spin- Jennie 8:30am- Spin-Amy 4:00pm- Spin- Kadi 5:30pm- Yoga- Kadi	29 5:00am- Spin- Kadi 8:30am-Tabata- Kadi 6:15pm- High Fitness- Brook	30 8:30am- Tabata- Amy 9:30am-SS Combo-Kadi 4:00pm- Spin- Kadi 5:30pm-Yoga-Kadi	Due to poor air quality, all classes will take place in the gym.		

All classes, times and instructors are subject to change and/or cancellation.
Workouts Unlimited . 1301 Draper Street, Kingsburg, CA 93631 . 897-2624