


Workouts Unlimited

Group X Classes

September 2023

Class Descriptions are on the back side!

Check website www.workoutsunlimited.com for updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1		1	2
					5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch-Allison 10:15am-SS Combo-Amy	5:30am- Spin-Kadi 8:30am- Yoga-Lis
	4	5	6	7	8	9
	LABOR DAY NO CLASSES	5:00am- Spin-Kadi 8:30am-Sculpt - Isaiah 10:00am-Yoga-Kadi 5:30pm-Sculpt-Courtney	8:30am- TRX- Isaiah 9:30am-SS Combo- Isaiah 5:30pm-Yoga-Lis	5:00am-Sculpt-Kadi Chest & Quads 8:30am- Spin Fusion-Amy 10:00am-Yoga-Kadi 4:30pm- Sculpt- Isaiah 6:00pm-HIGH Fitness-Katie	5:00am-TRX- Kat 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy	5:30am- Spin-Kadi 8:30am-Yoga-Lis
	11	12	13	14	15	16
	8:30am-Spin-Amy 10:15am-SS Combo-Amy 4:00pm-Sculpt-Kadi Upper/ Core 5:30pm-Yoga-Lis	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 10:00am-Yoga- Kadi 5:30pm- Sculpt-Courtney	8:30am- TRX-Kadi 9:30am-SS Combo-Kadi 4:15pm-Spin-Amy 5:30pm-Yoga-Lis	5:00am-Sculpt-Kadi- Triceps & Hamstrings 8:30am- Spin Fusion-Amy 10:00am-Yoga-Kadi 4:30pm- Sculpt- Courtney 6:00pm-HIGH Fitness-Katie	5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch-Allison 10:15am-SS Combo-Amy	5:30am- Spin-Kadi 8:30am-Yoga-Lis
	18	19	20	21	22	23
	8:30am- Spin-Amy 10:15am-SS Combo-Amy 4:00pm-Sculpt-Kadi- Back & Glutes 5:30pm-Yoga-Lis	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 10:00am-Yoga- Kadi 5:30pm- Sculpt-Courtney	8:30am- TRX- Isaiah 9:30am-SS Combo- Isaiah 5:30pm-Yoga-Lis	5:00am-Sculpt-Kadi Shoulders & Inner Thighs 8:30am- Spin Fusion-Amy 10:00am-Yoga-Kadi 4:30pm- Sculpt- Courtney 6:00pm-HIGH Fitness-Katie	5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch-Allison 10:15am-SS Combo-Amy	5:30am-Spin-Kadi 8:30am- Yoga- Lis
	25	26	27	28	29	30
	8:30am- Spin-Amy 10:15am-SS Combo-Amy 4:00pm-Sculpt-Kadi- Chest & Quads 5:30pm- Yoga- Lis	5:00am-Spin-Kadi 8:30am-Sculpt-Amy 10:00am-Yoga-Kadi 5:30pm-Sculpt-Courtney	8:30am-TRX-Kadi 9:30am-SS Combo-Kadi 4:15pm-Spin-Amy Hip-Hop 5:30pm-Yoga-Lis	5:00am-Sculpt-Kadi Upper/ Core 8:30am-Spin Fusion-Amy 10:00am-Yoga-Kadi 4:30pm-Sculpt-Courtney 6:00pm-HIGH Fitness-Katie		

All classes, times and instructors are subject to change and/or cancellation.