

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	2 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-KADI 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-KATIE	3 5:00AM-SCULPT-KADI HAMS/BACK 8:30AM-SPIN FUSION-AMY 5:00PM-SCULPT-HEATHER	4 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 9:15AM STRETCH-JO 10:00AM-SS COMBO-JO	5 8:30AM-YOGA-LIS
6	7  NO CLASSES	8 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	9 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-AMANDA 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-KATIE	10 5:00AM-SCULPT-KADI OUTTER/CHEST 8:30AM-SPIN FUSION-AMY 5:00PM-SCULPT-HEATHER	11 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 9:15AM STRETCH-JO 10:00AM-SS COMBO-JO	12 8:30AM-YOGA-LIS
13	14 5:00AM SCULPT - KADI INNER/SHOULDERS 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM CIRCUIT TRAINING-RICARDO 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-RACHELLE	15 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	16 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-KADI 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-KATIE	17 5:00AM-SCULPT-KADI GLUTES/CORE 8:30AM-SPIN FUSION-AMY 5:00PM-SCULPT-HEATHER	18 5:00AM-SPIN-CECI 8:30AM-SCULPT-AMANDA 9:15AM STRETCH-JO 10:00AM-SS COMBO-JO	19 8:30AM-YOGA-LIS
20	21 5:00AM SCULPT - KADI HAMS/BACK 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM CIRCUIT TRAINING-RICARDO 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-RACHELLE	22 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	23 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-KADI 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-KATIE	24 5:00AM-SCULPT-KADI QUADS/ARMS 8:30AM-SPIN FUSION-AMY 5:00PM-SCULPT-HEATHER	25 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 9:15AM STRETCH-JO 10:00AM-SS COMBO-JO	26 8:30AM-YOGA-LIS
27	28 5:00AM SCULPT - KADI OUTTER/CHEST 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM CIRCUIT TRAINING-RICARDO 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-RACHELLE	29 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	30 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-AMANDA 4:30PM-SCULPT -AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-KATIE			