

Downstairs Schedule

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
P O O L						1 9:00 Aqua Zumba Lori
2 C L O S E S	3 Happy Labor Day {No Classes}	4 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	5 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 House Party Sam	6 12:10 Cut-N-Tone Joanna	7 12:10 H.I.I.T Michelle	8 9:00 Aqua Zumba Lori
9 O N	10 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	11 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	12 5:15 am MX Terry 12:10 Step & Spin Michelle	13 12:10 Cut-N-Tone Michelle	14 12:10 H.I.I.T. Michelle	15
16 T H E	17 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	18 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	19 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 House Party Sam	20 12:10 Cut-N-Tone Michelle	21 12:10 H.I.I.T. Michelle	22
23 1 4 T H	24 5:15 am Muscle X Terry 12:10 Circuit Training: 5:45 Zumba Sam	25 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	26 5:15 am MX Terry 12:10 Step & Spin Michelle	27 12:10 Cut-N-Tone Michelle	28 12:10 H.I.I.T. Michelle	29
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