

GROUP FITNESS SCHEDULE

9/19 – 9/24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:15 AM Power Bootcamp Dana	10:30 AM Tai Chi Susan	10:15 AM Power Bootcamp Dana	8:45 AM Barre Dana	9:00 AM Barre Dana	9:15 AM Spin Kasi
		6:00 PM Barre Dana	10:30 AM Tai Chi Susan	10:15 AM Power Bootcamp Dana	10:00 AM Core Kasi
			5:30 PM Spin Kasi		
			6:15 PM Core Kasi		