

September 2023

Sun	Mon	Tues	Weds	Thurs	Fri	Sat
3	4 <u>9:15am</u> 1 hr Move: Denae <u>12pm</u> with Colleen <u>5:30pm</u> 45 min Bootcamp: Colleen <u>6:30pm</u> 1 hr Body Flow Yoga: Heidi Q.	5 <u>9:15am</u> 1hr Totally Tones: Sally <u>12:00pm</u> 30 min Bootcamp: Shawn <u>6:00pm</u> 1 hr Zumba: Ashley	6 <u>9:15am</u> 1 hr Move: Denae <u>5:30pm</u> 45min Bootcamp: Colleen	7 <u>9:15am</u> 1hr Zumba: Laura <u>12:00pm</u> 30 min Bootcamp: Shawn <u>6:00pm</u> 1 hr Zumba/Tone: Rachel	8 <u>9:15am</u> 1 hr Stong: Sally	9 <u>9am</u> 1hr Detox Yoga: Ria
10 <u>2pm</u> Heidi	11 <u>9:15am</u> 1 hr Move: Denae <u>12pm</u> with Colleen <u>5:30pm</u> 45 min Bootcamp: Colleen <u>6:30pm</u> 1 hr Body Flow Yoga: Heidi Q.	12 <u>9:15am</u> 1hr Totally Tones: Sally <u>12:00pm</u> 30 min Bootcamp: Shawn <u>6:00pm</u> 1 hr Zumba: Ashley	13 <u>9:15am</u> 1 hr Move: Denae <u>5:30pm</u> 45min Bootcamp: Colleen	14 <u>9:15am</u> 1hr Zumba: Laura <u>12:00pm</u> 30 min Bootcamp: Shawn <u>6:00pm</u> 1 hr Zumba/Tone: Rachel	15 <u>9:15am</u> 1 hr Stong: Sally	16 <u>9am</u> 1hr Detox Yoga: Ria
17 <u>2pm</u> Heidi	18 <u>9:15am</u> 1 hr Move: Denae <u>12pm</u> with Colleen <u>5:30pm</u> 45 min Bootcamp: Colleen <u>6:30pm</u> 1 hr Body Flow Yoga: Heidi Q.	19 <u>9:15am</u> 1hr Totally Tones: Sally <u>12:00pm</u> 30 min Bootcamp: Shawn <u>6:00pm</u> 1 hr Zumba: Ashley	20 <u>9:15am</u> 1 hr Move: Denae <u>5:30pm</u> 45min Bootcamp: Colleen	21 <u>9:15am</u> 1hr Zumba: Laura <u>12:00pm</u> 30 min Bootcamp: Shawn <u>6:00pm</u> 1 hr Zumba/Tone: Rachel	22 <u>9:15am</u> 1 hr Stong: Sally	23 <u>9am</u> 1hr Detox Yoga: Ria
24 <u>2pm</u> Heidi	25 <u>9:15am</u> 1 hr Move: Denae <u>12pm</u> with Colleen <u>5:30pm</u> 45 min Bootcamp: Colleen <u>6:30pm</u> 1 hr Body Flow Yoga: Heidi Q.	26 <u>9:15am</u> 1hr Totally Tones: Sally <u>12:00pm</u> 30 min Bootcamp: Shawn <u>6:00pm</u> 1 hr Zumba: Ashley	27 <u>9:15am</u> 1 hr Move: Denae <u>5:30pm</u> 45min Bootcamp: Colleen	28 <u>9:15am</u> 1hr Zumba: Laura <u>12:00pm</u> 30 min Bootcamp: Shawn <u>6:00pm</u> 1 hr Zumba/Tone: Rachel	29 <u>9:15am</u> 1 hr Stong: Sally	30 <u>9am</u> 1hr Detox Yoga: Ria