

September Fitness Schedule 2017

Mondays

5:30-6:00 am – CXWORX (AS)
8:30-9:30 am – BODYPUMP (AS)
9:35-10:35 am – BODYCOMBAT (AS)
11:30-12:00 pm – CXWORX (AS)
4:45-5:25 pm – Jump Start Your Fitness (SR)
5:15 – 6:10 pm – ZUMBA (AS)
5:30-6:15 pm – BODYATTACK (GYM)
6:00-6:45 pm – SPINNING (CR)
6:15-7:15 pm – BODYPUMP (AS)

Tuesdays

5:30-6:30 am – BODYPUMP (AS)
8:30-9:30 am – ZUMBA (AS)
11:30-12:00 pm – GRIT (AS)
5:15-5:45 pm – CXWORX (AS)
5:50-6:50 pm – BODYCOMBAT (AS)
7:00-8:00 pm – BODYFLOW (projector) (SR)

Wednesdays

5:30-6:00 am – CXWORX (AS)
6-6:45 am – BODYATTACK (AS)
8:30-9:30 am – BODYPUMP (AS)
9:35-10:35 am – BODYCOMBAT (AS)
11:30-12:00 pm – CXWORX (AS)
4:45–5:25 pm – Stretch & Strengthening (SR)
5:15 – 6:10 pm – ZUMBA (AS)
5:30-6:15 pm – BODYATTACK (GYM)
6:00-6:45 pm – SPINNING (CR)
6:15-7:15 pm – BODYPUMP (AS)

Thursdays

5:30-6:30 am – BODYPUMP (AS)
8:30-9:30 am – ZUMBA (AS)
11:30-12:00 pm – GRIT (AS)
4:45-5:25 pm – Jump Start Your Fitness (SR)
5:15-5:45 pm – CXWORX (AS)
5:50-6:50 pm – BODYCOMBAT (AS)
7:00-8:00 pm – BODYFLOW (projector) (SR)

Fridays

5:30-6:15 am – BODYATTACK (AS)
8:30-9:30 am – BODYPUMP (AS)

Saturdays

7:00-8:00 am – BODYPUMP (AS)
8:05-8:50 am – BODYATTACK (AS)

AS – Aerobic Studio

SR – Spirit Room

CR – Community Room