



SEPTEMBER

LAND CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HAPPY LABOR DAY CLOSED	2 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Bend & Stretch- 2:15p – 2:45p VAC	3 Movin on UP-Belinda 8a-8:45a VAC SS Enerchi-Belinda 9a-9:45a VAC Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12P VAC	4 Yoga-Lyn 9:30a-10:30a Fit-Mat-Sunny 11a-11:30a SS Classic-Sunny_11:45a-12:30p	5 SS Classic – Nena 10:30a-11:15a
8 Firm Body Mat-9a-9:45a BelindaVAC	9 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Bend & Stretch- 2:15p – 2:45p VAC	10 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:15a-11a DrumStix-Dianna 11:30a-12p CAN	11 Yoga-Lyn 9:30a-10:30a Fit-Mat-Sunny 11a-11:30a SS Classic-Sunny_11:45a-12:30p	12 SS Classic – Nena 10:30a-11:15a
15 Firm Body Mat-9a-9:45a Belinda	16 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p Bend & Stretch-Belinda 2:15p -2:45p	17 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	18 Yoga-Lyn 9:30a-10:30a Fit-Mat-Sunny 11a-11:30a SS Classic-Sunny_11:45a-12:30p	19 SS Classic – Nena 10:30a-11:15a
22 Firm Body Mat-9a-9:45a Belinda	23 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p Bend & Stretch-Belinda 2:15p -2:45p	24 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	25 Yoga-Lyn 9:30a-10:30a Fit-Mat-Sunny 11a-11:30a SS Classic-Sunny_11:45a-12:30p	26 SS Classic – Nena 10:30a-11:15a VAC
29 Firm Body Mat-9a-9:45a Belinda	30 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny_11:45a-12:30p Bend & Stretch-Belinda 2:15p -2:45p			