

Sept. 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|---|
| | | | | | 1 | 2 |
| | | | | | 9:00 am Spin Class 9:00 am Upper Body workout | 8:00 am 800 Abs! 9:00 Glute Camp! 9:00 SPIN |
| 3 8:30 am SPIN | 4 9:00 am Spin Class LABOR DAY ENJOY | 5 6:00 am Kettle Bell! 9:00 Total Body 10:00 SPIN 6:00 pm Back/Chest 6:30 SPIN 7:00 pm Back / Chest | 6 7:00 am Tone up 9:00 am R.R.R.R. 6:30 pm TRX/RESISTANCE BANDS | 7 6:00 am TRX 9:00 am Total Body 10:00 SPIN 6:00 pm Glutes/Arms 7:00 pm Glutes/Arms | NEW NEW NEW TIME TIME TIME 5:00 am Spin 9:00 am Spin Class 9:00 GLUTES/HAMS | 9 8:00 ABS! 9:00 Barbell class 9:00 am Spin Class |
| 10 8:30 am Spin | 11 5:15 am Spin Class 9:00 Spin 9:00 OMG! 6:00 pm H.I.T.T 6:30 pm Spin Class | 12 6:00 am Kettlebells 9:00 Total Body 10:00 Spin 6:00 pm Butt & Gutts 7:00 pm Butt & Gutts | 13 5:15 am Spin 9:00 am ABS! 10:00 SPIN 6:00 pm H.I.T.T 6:30 pm Spin Class | 14 6:00 am TRX 9:00 Total Body 10:00 Spin 6:00 pm Upper Body 7:00 Upper Body | 15 5:00 am Spin 9:00 am Spin Class 9:00 Total Body | 16 7:00 am H.i.T.T 8:00 Abs! 9:00 am Spin Class 9:00 Total Body |
| 17 9:00 am PoP Pilates | 18 5:15 am Spin Class 7:00 Glutes 9 am Spin Class 9:00 Glutes! 9:00 Boot Camp 5:30 pm Glutes! 6:30 Spin Class | 19 6:00 am Kettle Bells 9:00 Total Body 10:00 Spin 6:00 & 7 pm Biceps/Triceps 6:30 Spin Class | 20 5:15 am Spin 7:00 am legs! 9:00 am SPIN 9:00 ABS! 6:30 pm Tread / Shread | 21 6:00 am TRX 9:00 am Total Body 10:00 Spin 6:00 & 7 pm Hamstrings/Quads Shoulders 6:30 Spin Class | 22 5:00 am Spin 9:00 am Spin Class 9:00 Upper Body workout | 23 8:00 Abs! 9:00 am Spin Class 9:00 GLUTES! |
| 24 8:30 am Spin Class 10:00 am YOGA! | 25 5:15 am Spin Class 7:00 Back/Chest 9 am Spin Class 9:00 Cardio Sweat 5:30 pm 6:30 Spin Class | 26 6:00 am Kettle Bells 9:00 Total Body 10:00 Spin 6:00 & 7 pm Shoulders/Arms 6:30 Spin Class | 27 5:15 am Spin Class 9:00 Shoulders/arms 9:00 sweaty balls 6:30 pm Pop Pilates | 28 6:00 am TRX 9:00 am Total Body 10:00 Spin 6:00 & 7:00 pm Circuit training 6:30 pm Spin Class | 29 5:00 am Spin Class 9:00 am Spin 9:00 Circuit training | 30 8:00 800 ABS! 9:00 Arms cutt/firm butts 9:00 Spin |