



September 2019 Class Schedule

Class Prices:

\$18 for Single/Drop-in

\$95/Month - Unlimited (includes gym membership)

\$135 for 10 Class Punch Card

Instructor Key: Doug (D), Chrystal (C)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Labor Day Holiday CLOSED	3 5:30AM Bootcamp (C)	4 5:30PM Bootcamp (D)	5 5:30AM Bootcamp (C) 6:15PM Core & More/ Stretch & Strength (C)	6	7 8:30AM Super Strong 60 minutes (D)
8 9:00AM Terrain Train 60 minutes (D) Location TBD	9 5:30AM Good Morning Cardio (D) 5:30PM Bootcamp (D)	10 5:30AM Bootcamp (C)	11 5:30PM Bootcamp (D)	12 5:30AM Bootcamp (C) 6:15PM Core & More/ Stretch & Strength (C)	13	14 8:30AM Super Strong 60 minutes (C)
15	16 5:30AM Good Morning Cardio (D) 5:30PM Bootcamp (D)	17 5:30AM Bootcamp (C)	18 5:30PM Bootcamp (D)	19 5:30AM Bootcamp (C) 6:15PM Core & More/ Stretch & Strength (C)	20	21 8:30AM Super Strong 60 minutes (C)
22	23 5:30AM Good Morning Cardio (D) 5:30PM Bootcamp (D)	24 5:30AM Bootcamp (C)	25 5:30PM Bootcamp (D)	26 5:30AM Bootcamp (C) 6:15PM Core & More/ Stretch & Strength (C)	27	28 8:30AM Super Strong 60 minutes (C)
29	30 5:30AM Good Morning Cardio (D) 5:30PM Bootcamp (D)					