

Class Schedule September 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|-----------|-------------------------------|
| 3 | 4 TRX – 8:30am On Beat – 12:15 Step Challenge – 5:30pm | 5 Bootcamp – 6am Bootcamp – 12:15 AMPD – 5:30pm | 6 Core Blast – 12:15 50/50 Barre Pilates – 5:30pm | 7 TRX Mix – 6am TKO – 10:15 | 8 | 9 HIIT/Barre – 4pm |
| 10 Core Blast – 6am TRX Mix – 12:15 Yogatone – 5:30pm | 11 TRX – 8:30am On Beat – 12:15 Step Challenge – 5:30pm | 12 Bootcamp – 6am Bootcamp – 12:15 AMPD – 5:30pm | 13 Core Blast – 12:15 HIIT/Barre – 5:30pm | 14 TRX Mix – 6am TKO – 10:15 | 15 | 16 |
| 17 Core Blast – 6am TRX Mix – 12:15 Yogatone – 5:30pm | 18 TRX – 8:30am On Beat – 12:15 Step Challenge – 5:30pm | 19 Bootcamp – 6am Bootcamp – 12:15 AMPD – 5:30pm | 20 Core Blast – 12:15 50/50 Barre Pilates – 5:30pm | 21 TRX Mix – 6am TKO – 10:15 | 22 | 23 |
| 24 Core Blast – 6am TRX Mix – 12:15 Yogatone – 5:30pm | 25 TRX – 8:30am On Beat – 12:15 Step Challenge – 5:30pm | 26 Bootcamp – 6am Bootcamp – 12:15 AMPD – 5:30pm | 27 Core Blast – 12:15 50/50 Barre Pilates – 5:30pm | 28 TRX Mix – 6am TKO – 10:15 | 29 | 30 HIIT/Barre – 4pm |

Subject to change: Final schedule is available online.