

# September

2022

Whatever your goal, we can make it happen.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 5am BA Kelli 8:30 BF Dee 5:30 Shred Liz	2. 5am BC Brittany 8:30 BA Kelli	3. <b>HAVE A GREAT LABOR DAY WEEKEND</b>
<b>Class Type</b> BP-BODYPUMP BS-BODYSTEP BA-BODYATTACK BC-BODYCOMBAT BF-BODYFLOW SPRINT-CYCLING SHRED - HIIT SS-SILVER SNEAKERS                	5. <b>HAPPY LABOR DAY DAY (24 Hour access only)</b>	6. 5am BA Kelli 8:30 BS Mary 4:45 Shred Trena 5:30 BC Brittany	7. 5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz 6:30 Sprint Lance	8. 5am BS HIIT Lana 8:30 BF Dee 5:30 Shred Liz	9. 5am BC Brittany 8:30 BA Kelli	10. 7:45 Sprint Lance
	12. 5am BP Brandy 8:30 BP Kelli 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi 6:30 Sprint Rhonda	13. 5am BA Kelli 8:30 BS Mary 4:45 Shred Trena 5:30 BC Stacie	14. 5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz 6:30 Sprint Mark	15. 5am BS HIIT Lana 8:30 BF Virtual 5:30 Shred Liz	16. 5am BC Brandy 8:30 BA Kelli	17. 7:45 Sprint Mark
	19. 5am BP Brandy 8:30 BP Kelli 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi 6:30 Sprint Rhonda	20. 5am BS HIIT Lana 8:30 BS Mary 4:45 Shred Trena 5:30 BC Stacie	21. 5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz 6:30 Sprint Mark	22. 5am BA Kelli 8:30 BF Dee 5:30 Shred Liz	23. 5am BC Brittany 8:30 BA Kelli	24. 7:45 Sprint Brad
	26. 5am BP Brandy 8:30 BP Kelli 10 SS Cojo 4:30 BF Dee 5:30 BP Liz 6:30 Sprint Rhonda	27. 5am BA Kelli 8:30 BS Mary 4:45 Shred Trena 5:30 BC Stacie	28. 5am BP Brandy 8:30 BP Mary 10 SS Angie 5:30 BP Liz 6:30 Sprint Brad	29. 5am BS HIIT Lana 8:30 BF Dee 5:30 Shred Liz	30. 5am BC Brittany 8:30 BA Kelli	

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