

SEPTEMBER 2025



Whatever your goal, we can make it happen.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HAPPY LABOR DAY NO CLASS NO STAFF	2 5am HIIT Lindsey 8:30 BA Kelli 5:30 Shred Liz	3 5am BP Brandy 8:30 Strength Mary 10 SS MiMi 5:30 BP Liz	4 5am Tone 8:30 BF Dee 5:30pm Shred Liz	5 5am Strength Brandy 8:30 Tone Kelli 10am SS Mary	6
Class Type BP-BODYPUMP BA-BODYATTACK BC-BODYCOMBAT BF-BODYFLOW SHRED - HIIT Strength SS-SILVER SNEAKERS 	8 5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	9 5am HIIT Lindsey 8:30 BA Kelli 5:30 Shred Liz	10 5am BP Brandy 8:30 Strength Mary 10 SS MiMi 5:30 BP Liz	11 5am Tone Lindsey 8:30 BF Dee 5:30pm Shred Liz	12 5am Strength Brandy 8:30 Tone Kelli 10am SS Angie	13
	15 5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	16 5am HIIT Lindsey 8:30 BA Kelli 5:30 Shred Liz	17 5am BP Brandy 8:30 Strength Mary 10 SS MiMi 5:30 BP Liz	18 5am Tone Lindsey 8:30 BF Dee 5:30pm Shred Liz	19 5am Strength. Brandy 8:30 Tone Kelli 10am Angie	20
	22 5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	23 5am HIIT Lindsey 8:30 BA Kelli 5:30 Shred Liz	24 5am BP Brandy 8:30 Strength Mary 10 SS Mimi 5:30 BP Liz	25 5am Tone Lindsey 8:30 BF Dee 5:30pm Shred Liz	26 5am Strength Brandy 8:30 Tone Kelli 10am SS Angie	27
	29 5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	30 5am HIIT Lindsey 8:30 BA Kelli 5:30 Shred Liz				