

SEPTEMBER GROUP FITNESS

Monday

Cycle + Core

6:30-7:15

Paula

**New Class Format!*

Tuesday

Total Body Pump

6:30-7:15

Matt

Wednesday

Vinyasa Yoga

6:30-7:15

Paula

Thursday

BURNOUT

Bootcamp

6:30-7:20

Matt

Core Blaster

11:30-12:15

Robert

Total Body Pump

11:30-12:15

Robert

BURNOUT

Bootcamp

11:30-12:15

Robert

Yogalates

12:30-1:15

Anna

**Note start time*

**New Class Format!*

Vinyasa Yoga

12:30-1:15

Erica

Vinyasa Yoga

12:30-1:15

Paula

