

SEPTEMBER GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday
Strength & Conditioning 6:30-7:15	Cross-Training 6:30-7:15		Rooftop Wake Up 6:30-7:15
Pilates 11:30-12:00 Anna	Total Body Pump 11:30-12:15 Breanna	TRX, Ropes, & Med Balls 11:30-12:05 Breanna	Cardio & Core Blast 11:30-12:05 Breanna
Vinyasa Yoga 12:30-1:15 Sarah	Vinyasa Yoga 12:30-1:15 Sarah	Vinyasa Yoga 12:30-1:15 Paula	Vinyasa Yoga 12:30-1:15 Nadia

