



# SEPTEMBER GX SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM		<b>AQUA CLASSES</b> <b>RUN THRU SEPT 30</b>					
8:30 AM	<b>MODIFIED CLASS SCHEDULE</b>			<b>BODY PUMP</b> Katie		<b>HIGH FITNESS</b> Brianna	<b>HIGH FITNESS</b> Mina
9:15 AM	<b>LABOR DAY 9/5/22</b> 		<b>Stretch &amp; Recover</b> Brianna (Yoga Studio)				
9:30 AM		<b>BODY PUMP</b> Katie	<b>Les Mills CORE</b> Melissa L	<b>HIGH FITNESS</b> Melleny	<b>Les Mills CORE</b> Janelle	<b>BODY PUMP</b> Janelle	
10:30 AM		<b>HIGH FITNESS</b> Brianna					
11:00 AM			<b>AQUA</b> Angie	<b>AQUA</b> Elizabeth	<b>AQUA</b> Alma	<b>AQUA</b> Monica	<b>AQUA</b> Rotating Instructor
5:15 PM		<b>ABS &amp; BOOTY</b> (30 min) Nikki (GX Room)			<b>LES MILLS CORE</b> (30 min) Sharon		
5:45 PM			<b>HIGH FITNESS</b> Rotating Instructor	<b>BODY PUMP</b> Melissa L	<b>HIGH FITNESS</b> Melleny		
6:00 PM		<b>BODY PUMP</b> Christy <b>AQUA</b> Rotating Instructor					