



SEPTEMBER STUDIO SCHEDULE

Please call 806-687-6080 or come by the front desk to make a reservation for Elevate, Jump and Ignite 60 classes.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM	Classes with a * Require Reservation		* ELEVATE Sandi		* ELEVATE Emily		
8:30 AM	MODIFIED CLASS SCHEDULE LABOR DAY 9/5/22 	* ELEVATE Janelle BARRE Summer (GX Room)	* ELEVATE Janelle POOLSIDE YOGA Rhea	YOGA Angie	* ELEVATE Mary	SLOW FLOW YOGA Melissa	* ELEVATE Brianna/Gina
9:00 AM			* JUMP Katie (GX Room)		* JUMP Katie (GX Room)		
9:30 AM		IGNITE (45 min) Elizabeth (Turf)		IGNITE (45 min) Elizabeth (Turf) * ELEVATE Brianna		* IGNITE (55 min) Mary/Elizabeth (Turf) New Class Alert... →	* IGNITE (55 min) Mary (Turf) SURGE Fitness Ally (GX Room)
10:00 AM			BARRE Brianna (GX Room)		BARRE Nikki (GX Room)		
10:30 AM							YOGA/PILATES Sandi
2:00 PM							
5:00 PM			New Class Alert... →	SURGE Fitness Ally (GX Room)			
5:45 PM			* IGNITE (45 min) Kaylee (Turf)				
6:00 PM		VINYASA FLOW Rachel					