



SEPTEMBER 2017 - GROUP EXERCISE SCHEDULE

WOMEN'S ONLY CLUB 5715 82nd St; 783-0044

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00pm BARRE Candace						
	8:30am POWER Leigh <i>(no class 9/4)</i>	8:30a BARRE FUSION Sandi	8:30a SCULPT & TONE Rachel	8:30am X-TRAIN (Cardio Interval) Katy	8:30a POWER Heather	
	9:30am FIT & FIERCE Amy <i>(no class 9/4)</i>	9:30am ZUMBA Angelita	9:30am WARM POWER YOGA Kayli	9:30am ZUMBA Cynthia		10:00am CIRCUIT INTERVAL Sandi
	<i>new format!!</i> 5:30pm STRENGTH & TONE Summer <i>(no class 9/4)</i>	5:30pm BLAST Katy	5:30pm BARRE Candace	<i>new format!!</i> 5:30pm TABATA Jacey		
	6:30pm ZUMBA Angelita <i>(no class 9/4)</i>	6:30p YOGA Taylor	6:30pm CIRCUIT INTERVALS Sandi	6:30pm ZUMBA Jenny		
	<i>(No Class 9/11... join the Z Crew for FIESTA!! 5:30p - 7p @ BW 34th)</i>					