

September 2022 Gym Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 4:15p-5:15p: Swim Team (Half) 5:15p-6:30p: HIIT	11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs 4:15p-5:15p: Swim Team (Half)	9:15a-10:15a: Pilates
4	5	6	7	8	9	10
	Labor Day – No classes	5:30a-6:30a: HIIT 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates
11	12	13	14	15	16	17
9:00a-10:15a: Pilates 11:00a-12:00p: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball		5:30a-6:30a: HIIT 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 5:30p-6:30p: HIIT	12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates
18	19	20	21	22	23	24
9:00a-10:15a: Pilates 11:00a-12:00p: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball		5:30a-6:30a: HIIT 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:30p-7:30p: Private School basketball Ascension v WOGA	12p-12:30p: HIIT Express 12:30p-12:45p: Abs	9:15a-10:15a: Pilates
25	26	27	28	29	30	
9:00a-10:15a: Pilates 11:00a-12:00p: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball		5:30a-6:30a: HIIT 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:30p-8:30 Volleyball	9:15a-10:15a: Pilates 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:30p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	8:00a-9:15a Barre 11:15a-12:30p: Rock Steady 5:15p-6:30p: HIIT 6:30p-7:30p: Private School basketball Ascension v St. Joe's	12p-12:30p: HIIT Express 12:30p-12:45p: Abs	