

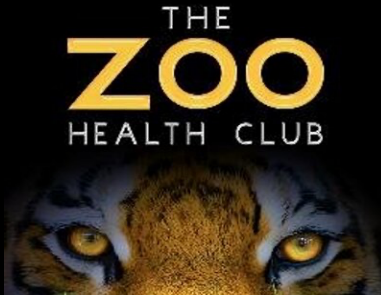


September 2020 Group Fitness Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45 AM	LISA H.I.I.T.			LISA H.I.I.T.		
8:45 AM		LISA LES MILLS BODYCOMBAT				
9:00 AM	LISA LES MILLS BODYPUMP		LISA LES MILLS BODYPUMP	LISA LES MILLS BODYFLOW	LISA LES MILLS BODYPUMP	THERESA/HANNAH LES MILLS BODYPUMP
10:00 AM		ROOM RESERVED FOR THE SAVANNAH BANANA NANA'S 10:00 AM to 11:30 AM				
10:15 AM					LISA/HEATHER LES MILLS BODYSTEP	THERESA Cycling 
6:00 PM	HEATHER H.I.I.T.	THERESA LES MILLS BODYPUMP	THERESA  LES MILLS BODYCOMBAT	THERESA LES MILLS BODYPUMP		
7:00 PM	VIRTUAL LES MILLS BODYFLOW			VIRTUAL LES MILLS BODYFLOW		