

CLASS TIMETABLE: SEPTEMBER 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 AM					Equip-Led Level II Lisa 7 - 7:50 AM
8:00 AM				Equip-Led Level I Lisa 8 - 8:50 AM	Personal Program Lisa 8 - 8:50 AM
9:00 AM		Outdoor Fitness Lisa 9-10:20 AM	Mat Level III Lisa 9 - 9:50 AM	Equip-Led Level II Krista 9 - 9:50 AM	Equip-Led Level II Lisa 9 - 9:50 AM
10:00 AM			Personal Program Lisa 10 - 10:50 AM		Equip-Led Level I Krista 10 - 10:50 AM
11:00 AM					Personal Program Krista 11 - 11:50 AM
11:30 AM				Equip-Led Level II Lisa 11:30 - 12:20 PM	
12:30 PM				Personal Program Krista 12:30 - 1:20 PM	
1:30 PM	Personal Program Krista 1:30 - 2:20 PM				
4:00 PM	Personal Program Lisa 4 - 4:50 PM				
4:30 PM			Equip-Led Level II Krista 4:30 - 5:20 PM		
5:00 PM	Equip-Led Level I Krista 5 - 5:50 PM				
5:30 PM			Outdoor Fitness Lisa 5:30 - 6:20 PM		
6:00 PM	MELT Method Lisa 6 - 6:50 PM	Equip-Led Level II Lisa 6 - 6:50 PM			
7:00 PM		Mat Level II Lisa 7 - 7:50 PM	Mat Level I Krista 7 - 7:50 PM		