

XF Aerobics SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 8:15 AM Spin PL 9:00 AM 20/20/20 R	2 9:00 AM Ab Class V 9:30 AM Zumba Y
3 T=Taryn R=Renee PL=PL SU=Sunta V=Veronica Y=Yve	4 Labor Day	5 8:15 AM Spin PL 9:00 AM Piyo V 10:00 AM Ab Class 6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga 7:45 PM Zumba V	6 8:15 AM Spin PL 10:00 AM Pound V 5:00 PM Piyo V	7 9:00 AM Piyo V 6:00 PM HIIT the Zone T 7:00 PM Hot Stretch <i>NEW!</i> V	8 9:00 AM 20/20/20 R	9 9:00 AM Ab Class V 9:30 AM Zumba Y
10 Grandparents Day	11 4:30 AM Bootcamp 8:15 AM Spin PL 9:00 AM 20/20/20 R 10:00 AM Yoga Core 10:30 AM Yoga Barre/Sculpt 11:00 AM Stretch 5:30 PM Booty Blast 6:00 PM Bootcamp Su 7:00 PM Zumba Y	12 9:00 AM Piyo V 10:00 AM Ab Class 6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga 7:45 PM Zumba V	13 10:00 AM Pound V 5:00 PM Piyo V	14 9:00 AM Piyo V 6:00 PM HIIT the Zone T 7:00 PM Hot Stretch <i>NEW!</i> V	15 8:15 AM Spin PL 9:00 AM 20/20/20 R	16 Rosh Hashanah 9:00 AM Ab Class V 9:30 AM Zumba Y
17 Constitution Day	18 4:30 AM Bootcamp 9:00 AM 20/20/20 R 10:00 AM Yoga Core 10:30 AM Yoga Barre/Sculpt 11:00 AM Stretch 5:30 PM Booty Blast 6:00 PM Bootcamp Su 7:00 PM Zumba Y	19 8:15 AM Spin PL 9:00 AM Piyo V 10:00 AM Ab Class 6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga 7:45 PM Zumba V	20 8:15 AM Spin PL 10:00 AM Pound V 5:00 PM Piyo V	21 9:00 AM Piyo V 6:00 PM HIIT the Zone T 7:00 PM Hot Stretch <i>NEW!</i> V	22 9:00 AM 20/20/20 R	23 Sept. equinox (GMT) 9:00 AM Ab Class V 9:30 AM Zumba Y
24	25 4:30 AM Bootcamp 8:15 AM Spin PL 9:00 AM 20/20/20 R 10:00 AM Yoga Core 10:30 AM Yoga Barre/Sculpt 11:00 AM Stretch 5:30 PM Booty Blast 6:00 PM Bootcamp Su 7:00 PM Zumba Y	26 9:00 AM Piyo V 10:00 AM Ab Class 6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga 7:45 PM Zumba V	27 10:00 AM Pound V 5:00 PM Piyo V	28 9:00 AM Piyo V 6:00 PM HIIT the Zone T 7:00 PM Hot Stretch <i>NEW!</i> V	29 8:15 AM Spin PL 9:00 AM 20/20/20 R	30 9:00 AM Ab Class V 9:30 AM Zumba Y