

# XF AEROBICS SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day	3 9:00 AM Zumba I 10:00 AM Bootcamp E  5:00 PM 20/20/20 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	4 9:00 AM MIXXED FIT 10:00 AM Barre/Restorative <b>12:15 PM PL30 Upper</b> 5:00 Core de Force *NEW*  6:00 PM Booty Blast 7:00 PM MIXXEDFIT	5 9:00 AM Bootcamp E 10:00 AM Yoga Core  6:00 PM Bootcamp T 6:00 PM Spin PL 7:00 PM Mind-Body Yoga	6 9:00 AM Piyo 10:00 AM MIXXED FIT	7 <b>NO CLASS PARADE!</b>
8 Grandparents Day	9 9:00 AM 20/20/20 10:00 AM Yoga Core 10:40 AM Yoga Sc/Res <b>12:15 PM PL30 Legs</b> 5:30 PM Bootcamp S  6:30 PM Ab Class 7:00 PM Mind-Body Yoga	10 9:00 AM Zumba I 10:00 AM Bootcamp E  5:00 PM 20/20/20 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	11 Patriot Day 9:00 AM MIXXED FIT 10:00 AM Barre/Restorative <b>12:15 PM PL30 Upper</b> 5:00 Core de Force *NEW* 6:00 PM Spin PL 6:00 PM Booty Blast 7:00 PM MIXXEDFIT	12 9:00 AM Bootcamp E 10:00 AM Yoga Core  6:00 PM Bootcamp T 7:00 PM Mind-Body Yoga	13 9:00 AM Piyo 10:00 AM MIXXED FIT <b>11:00 AM Mike's Self Defense</b>	14 9:00 AM Ab Class 9:30 AM Zumba Tone I 10:30 AM Restorative Yoga
15	16 9:00 AM 20/20/20 10:00 AM Yoga Core 10:40 AM Yoga Sc/Res <b>12:15 PM PL30 Legs</b> 5:30 PM Bootcamp S 5:45 PM Spin PL 6:30 PM Ab Class 7:00 PM Mind-Body Yoga	17 Constitution Day 9:00 AM Zumba I 10:00 AM Bootcamp E  5:00 PM 20/20/20 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	18 9:00 AM MIXXED FIT 10:00 AM Barre/Restorative <b>12:15 PM PL30 Upper</b> 5:00 Core de Force *NEW*  6:00 PM Booty Blast 7:00 PM MIXXEDFIT	19 9:00 AM Bootcamp E 10:00 AM Yoga Core  6:00 PM Bootcamp T 6:00 PM Spin PL 7:00 PM Mind-Body Yoga	20 9:00 AM Piyo 10:00 AM MIXXED FIT	21 9:00 AM Ab Class 9:30 AM Zumba Tone I 10:30 AM Restorative Yoga
22	23 9:00 AM 20/20/20 10:00 AM Yoga Core 10:40 AM Yoga Sc/Res <b>12:15 PM PL30 Legs</b> 5:30 PM Bootcamp S  6:30 PM Ab Class 7:00 PM Mind-Body Yoga	24 9:00 AM Zumba I 10:00 AM Bootcamp E  5:00 PM 20/20/20 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	25 9:00 AM MIXXED FIT 10:00 AM Barre/Restorative <b>12:15 PM PL30 Upper</b> 5:00 Core de Force *NEW* 6:00 PM Spin PL 6:00 PM Booty Blast 7:00 PM MIXXEDFIT	26 9:00 AM Bootcamp E 10:00 AM Yoga Core  6:00 PM Bootcamp T 7:00 PM Mind-Body Yoga	27 9:00 AM Piyo 10:00 AM MIXXED FIT	28 9:00 AM Ab Class 9:30 AM Zumba Tone I 10:30 AM Restorative Yoga
29	30 9:00 AM 20/20/20 10:00 AM Yoga Core 10:40 AM Yoga Sc/Res <b>12:15 PM PL30 Legs</b> 5:30 PM Bootcamp S 5:45 PM Spin PL 6:30 PM Ab Class 7:00 PM Mind-Body Yoga	1	2	3	4	5

I=Izzy E=Erin PL=PL T=Taryn C=Candie S=Shanna