

SUN	MON	TUES	WED	THURS	FRI	SAT
 <h1 style="color: green; margin: 0;">SEPTEMBER</h1>						
			1 12PM CARDIO KICKBOXING 5PM GROUP POWER 5:45PM SPIN 6PM CIRCUIT 6:30PM CARDIOKICKBOXING 7PM YOGA FLOW 7:15PM GROUP POWER	2 5PM ABS N CORE 6PM TOTAL BODY BURN 7:15PM HIP HOP	3 LABOUR DAY WEEKEND NO CLASSES	4 LABOUR DAY WEEKEND NO CLASSES
5 LABOUR DAY WEEKEND NO CLASSES	6 LABOUR DAY NO CLASSES	7 12PM SPIN 5PM ABS N CORE 6PM ZUMBA 7:15PM LOW IMPACT	8 12PM CARDIO KICKBOXING 5PM GROUP POWER 5:45PM SPIN 6PM CIRCUIT 6:30PM CARDIOKICKBOXING 7PM YOGA FLOW 7:15PM GROUP POWER	9 5PM ABS N CORE 6PM TOTAL BODY BURN 7:15PM HIP HOP	10 5:45PM SPIN	11 9AM FIT IN 45 10AM GROUP POWER 10AM YOGA FLOW
12	13 5PM GROUP POWER 5:45PM SPIN 6PM ABS, BUTT, THIGHS 6:30PM CARDIOKICKBOXING 7:00PM YOGA-PILATES 7:15PM GROUP POWER	14 12PM SPIN 5PM ABS N CORE 6PM ZUMBA 7:15PM LOW IMPACT	15 12PM CARDIO KICKBOXING 5PM GROUP POWER 5:45PM SPIN 6PM CIRCUIT 6:30PM CARDIOKICKBOXING 7PM YOGA FLOW 7:15PM GROUP POWER	16 5PM ABS N CORE 6PM TOTAL BODY BURN 7:15PM HIP HOP	17 5:45PM SPIN	18 9AM FIT IN 45 10AM GROUP POWER 10AM YOGA FLOW
19/26	20/27 5PM GROUP POWER 5:45PM SPIN 6PM ABS, BUTT, THIGHS 6:30PM CARDIOKICKBOXING 7:00PM YOGA-PILATES 7:15PM GROUP POWER	21/28 12PM SPIN 5PM ABS N CORE 6PM ZUMBA 7:15PM LOW IMPACT	22/29 12PM CARDIO KICKBOXING 5PM GROUP POWER 5:45PM SPIN 6PM CIRCUIT 6:30PM CARDIOKICKBOXING 7PM YOGA FLOW	23/30 5PM ABS N CORE 6PM TOTAL BODY BURN 7:15PM HIP HOP	24 5:45PM SPIN	25 9AM FIT IN 45 10AM GROUP POWER 10AM YOGA FLOW

			7:15PM GROUP POWER			
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