

SEPTEMBER GROUP FITNESS

SEPTEMBER 7 - 11

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:30 am OBSERVATORY Core & Restore - Rose			
			12:15 pm			
		ATC HIIT - Taylor	ATC HIIT - Mia	ATC Strength & Conditioning - Allison	ATC Bootcamp - Rose	
			5:30 pm			
		ATC All Levels Yoga - Danya OBSERVATORY (LOWER) HIIT - Sarah OBSERVATORY (UPPER) ZUMBA - Allison	OBSERVATORY (LOWER) All Levels Yoga - Meg OBSERVATORY (UPPER) ZUMBA - Allison	ATC All Levels Yoga - Danya ATC HIIT - Ben ZOOM ZUMBA - Allison		
			6:30 pm			
			ZOOM Ballet Fit - Layne			

*All activities take place on the ATC, Observatory, and South Fields