



<p>15</p> <p>11:30 BST/BP 90 (1) 12:00 SPIN-RPM (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:05 Barre (3) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)</p> <p>Stacie Ashley Sara G Susan Mikaela Susan Lara/Shannon Susan Fumika Lara</p>	<p>16</p> <p>6:00 BodyPump (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)</p> <p>Nancy Kari Chloe Lara Stephanie Deb Sommer Stephanie Sommer Lori Eric Meg Karen Chris Pam Alesia Kristi Mikaela Mikaela Katie Wendy Allison/Ashley Chris O Ildiko</p>	<p>17</p> <p>6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 KickBoxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:45 SPRINT (2) 10:00 Yoga (3) 10:05 Yoga (3) 11:00 BodyPump (1) 10:30 Jointercize (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BodyFlow (3) 5:45 PureMuscle 45 (1) 6:30 Spin (2) 6:30 BodyCombat (1) 6:35 Barre 30 (3)</p> <p>Stacie Lara Lyssa Lara Stephanie Sommer Meg Eric Dani Wendy Sarah/Suzanna Karen K Chloe Sara G Cassie Debbie Kari Alesia Mikaela Linda Allison Mary Alex NEW RELEASE Linda</p>	<p>18</p> <p>6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua-DW (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 CXworx (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BodyPump 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 5:00 POUND (3) 5:00 M&M 45 (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> <p>Nancy Jorge Suzanna Lyssa Karen Shana Donna Shana Shana Shana Donna Bill/Linda Stephanie Katie Bill/Linda Stephanie Allyson Courtney Sarah Kristi Ashley Lori Debbie</p>	<p>19</p> <p>6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyFlow (3) 9:30 BodyStep (1) 10:30 Feldenkrais (3) 10:30 BodyPump (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 PureMuscle 45(1) 6:15 Aqua Boot Camp 6:15 BodyCombat (1) 6:15 SPRINT (2) 7:30 Zumba/CD (1)</p> <p>Lara Jackie Kari Lori Eric Wendy Cassie Chloe Debbie Sarah/Sara Julie Suzanna Nancy Stacie Shana Kristi Sommer Mikaela Shana Ildiko</p>	<p>20</p> <p>6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 BodyPump (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BodyFlow (3) 9:30 KickBoxing (1) 10:00 Jointercize (P) 10:30 GoLow (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BST/BP 75 (1) 12:00 SPRINT (2) 1:00 Zumba Low (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 5:30 BodyPump (1)</p> <p>Shannon Nancy Cassie/Suzanna Wendy Lara Kristi Alesia Wendy Dani Shana Katie Stacie Sara G Debbie Julie Debbie Courtney</p>	<p>21</p> <p>8:00 BodyStep (1) 8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyPump (1) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 BodyAttack (1) 10:00 SPRINT (2) 10:00 POUND (3) 11:00 PureMuscle(1) 11:15 Yoga(3) 12:00 Zumba/CD (1) 12:30 Barre (3)</p> <p>Nancy Sheila Lori D Nancy/Sheila Cassie Sommer NEW RELEASE Shannon Cassie Sommer Lori Julie Lyssa</p>
<p>22</p> <p>11:30 BST/BP 90 (1) 12:00 SPRINT (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:05 Barre (3) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)</p> <p>Jackie Lara Sommer Jackie Ashley Mary Alex Ashley/Allison Linda Allyson Linda</p>	<p>23</p> <p>6:00 BodyPump (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 CXworx (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)</p> <p>Nancy Lyssa Chloe Meg Deb Eric Stephanie Eric Shana Brigitte Stephanie Cassie Lori Pam Alesia Kristi Alesia Stacie Kristi Wendy Stacie/Courtney Chris O Ildiko</p>	<p>24</p> <p>6:00 BodyAttack (1) 6:00 BodyFlow (3) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 KickBoxing (1) 9:00 Aqua Boot Camp 9:00 BodyFlow (3) 9:30 BodyAttack (1) 9:45 SPRINT (2) 10:00 Yoga (3) 10:30 BodyPump (1) 11:00 Jointercize (P) 11:00 Barre (3) 12:00 M&M 45 (1) 12:00 Zumba/CD (3) 1:00 Aqua Flow (P) 1:30 Parkinson's (2) 4:30 BST/BP 70 (1) 4:30 Barre (3) 5:30 BodyFlow (3) 5:45 PureMuscle 45 (1) 6:30 Spin (2) 6:30 BodyCombat (1) 6:35 Barre 30 (3)</p> <p>Shana Jackie Stephanie Shana Dani Lyssa Lara Eric Sarah Wendy Cassie/Sarah Wendy Mikaela Suzanna Fumika Debbie Kari Stacie Mary Alex Karen Katie Sara G Ashley Karen</p>	<p>25</p> <p>6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 PureMuscle (1) 9:00 Aqua-DW (P) 9:00 Pilates (3) 9:30 Cardio Step 45 (1) 10:00 Jointercize (P) 10:15 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 11:30 Beg Tai Chi (3) 12:00 BodyPump 45 (1) 12:00 SPIN (2) 12:30 Int Tai Chi (3) 1:00 Cardio Str. (1) 5:00 POUND (3) 5:00 M&M 45 (1) 6:00 SPRINT (2) 6:00 Aqua (P) 6:00 BodyPump (1) 6:00 Yoga (3) 7:00 Feldenkrais (3)</p> <p>Sommer Kari Brigitte Wendy Karen Brigitte Donna Brigitte Karen Lori Donna Bill/Linda Sara/Suzanna Katie Bill/Linda Chloe Alesia Courtney Sarah Sara G Mikaela Jackie Debbie</p>	<p>26</p> <p>6:00 SPRINT (2) 6:00 BodyPump (1) 8:00 Tone&Balance (3) 8:15 SPIN (2) 8:30 BSS (1) 9:00 Aqua Boot Camp 9:30 BodyStep (1) 10:30 Feldenkrais (3) 10:30 BodyPump (1) 12:00 Zumba /CD (3) 12:00 M&M 45 (1) 1:30 Parkinsons (2) 4:30 BodyAttack (1) 4:30 Barre (3) 5:30 PureMuscle 45(1) 6:15 Aqua Boot Camp 6:15 BodyCombat (1) 6:15 SPRINT (2) 7:30 Zumba/CD (1)</p> <p>Shana Shannon Chloe Meg Eric Lori Stephanie NEW RELEASE Debbie Stacie/Ashley Julie Mary Alex Nancy Ashley Linda Sara G Sommer Mikaela Dani Ildiko</p>	<p>27</p> <p>6:00 Boot Camp (1) 6:00 SPIN (2) 8:30 BodyPump (1) 8:30 Pilates (3) 9:00 Aqua (P) 9:35 BodyFlow (3) 9:30 KickBoxing (1) 10:00 Jointercize (P) 10:30 GoLow (1) 10:40 Yoga (3) 11:00 Aqua (P) 11:30 BodyAttack(1) 12:00 SPRINT (2) 1:00 Zumba Low (1) 1:30 Parkinsons (2) 2:15 Feldenkrais (3) 5:30 BodyPump (1)</p> <p>Nancy Shana Lara Deb Kristi Meg Alesia Kristi Katie Lori Chloe Stacie Mikaela Debbie Julie Debbie Ashley</p>	<p>28</p> <p>8:00 SPIN (2) 9:00 Aqua (P) 9:00 BodyFlow (3) 10:00 Aqua Boot Camp 10:00 SPRINT (2) 10:00 POUND (3) 11:15 Yoga(3) 12:30 Barre (3)</p> <p>Jorge Shannon Kristi Shannon Mikaela Alesia Wendy Chloe</p>
<p>29</p> <p>11:30 BST/BP 90 (1) 12:00 SPIN (2) 1:00 M&M 45 (1) 1:00 Yoga (3) 1:50 BodyCombat (1) 2:05 Barre (3) 2:55 BodyPump (1) 3:10 GF Yoga 45 (3) 4:00 Zumba/CD (1) 4:10 BodyFlow (3)</p> <p>Lara Sheila Sara G Shana Shannon Shana Sara/Courtney Shana Allyson Danielle</p>	<p>30</p> <p>6:00 BodyPump (1) 6:00 SPIN (2) 8:00 Barre (3) 8:15 BodyStep (1) 9:00 Aqua (P) 9:00 Pilates (3) 9:15 PureMuscle 45 (1) 10:00 Jointercize (P) 10:05 Total Core (1) 10:15 Yoga (3) 10:45 GoLow (1) 11:00 Aqua (P) 12:00 BodyFlow (3) 12:00 SPIN (2) 1:00 Cardio Str. (1) 4:30 Cardio Step 45 (1) 5:00 POUND (3) 5:15 Total Core (1) 5:45 BodyAttack 45 (1) 6:00 Aqua (P) 6:00 Yoga (3) 6:30 BodyPump (1) 7:15 SPIN (2) 7:30 Zumba (1)</p> <p>Nancy Lara Chloe Lara Meg Deb Sommer Stephanie Sommer Lori Eric Stephanie NEW RELEASE Chris Pam Shana Sheila Shana Mikaela Chloe Wendy Allison/Courtney Chris O Ildiko</p>			<p style="text-align: center;">LES MILLS FOR A FITTER PLANET</p> <p style="text-align: center;">NEW RELEASE LAUNCH DATES/TIMES.....</p> <p style="text-align: center;">BODYPUMP SATURDAY 9/14 AT 10:00AM BODYCOMBAT TUESDAY 9/17 AT 6:30PM BODYATTACK SATURDAY 9/21 AT 10:00AM BODYSTEP THURSDAY 9/26 AT 9:30AM BODYFLOW MONDAY 9/30 AT 12:00PM</p>		

No classes in Studio #1 today Due to training

Country Fusion Line Dance Classes
Will be added to the October Schedule!
Watch for future announcements of
Class days/times!!!