

SEPTEMBER HIITITFIT GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	FUSION <i>Katie</i>	MUSCLE MAX <i>Katie</i>	ATHLETIC CONDITIONING <i>Ali</i>	SUPER STRENGTH <i>Katie</i>	EXPRESS SPIN / BIKE+BUILD (30m) <i>Katie</i>	8:30 AM - BOOTCAMP
8:00 AM	FUSION <i>Katie</i>	MUSCLE MAX <i>Katie</i>	SPIN <i>Pam</i>	SUPER STRENGTH <i>Katie</i>	BIKE + BUILD (30m) <i>Katie</i>	
9:00 AM			CORE <i>Pam</i>		ATHLETIC CONDITIONING <i>Pam</i>	
4:30 PM	FUSION <i>Katie</i>	MUSCLE MAX <i>Katie</i>	SPIN <i>Katie</i>	SUPER STRENGTH <i>Katie</i>		
5:30 PM 5:45 PM 6:00 PM	(5:45) BOOTCAMP <i>Cheree</i>	(5:30) ABS BLAST (30m) <i>Katie</i> (6:00) EXPRESS SPIN (30m)	(5:45) ATHLETIC CONDITIONING <i>Meredith</i>			

ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE NOTED

SPECIAL NOTES

No Classes: Saturday 9/5, Monday 9/7 (Labor Day Weekend), Friday 9/25: 6am + 8am