



SEPTEMBER GROUP EXERCISE CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday
	1 0630-0730 Power Cycle Judy 0900-1000 Pilates Karen 1000-1100 Yoga Karen 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	2 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	3 0900-1000 HIIT Karen 1000-1100 Cardio & Strength Karen 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	4 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
7 0630-0730 HIIT Sarah 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	8 0630-0730 Power Cycle Sarah 0900-1000 Pilates Karen 1000-1100 Yoga Karen 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	9 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	10 0900-1000 HIIT Karen 1000-1100 Cardio & Strength Karen 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	11 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
14 0630-0730 HIIT Sarah 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	15 0630-0730 Power Cycle Sarah 0900-1000 Pilates Karen 1000-1100 Yoga Karen 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	16 1300-1400 Big Guns Cardio Stretch Derick	17 0900-1000 HIIT Karen 1000-1100 Cardio & Strength Karen 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	18 1300-1400 Total Body Pump Derick
21 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	22 0630-0730 Power Cycle Sarah 0900-1000 Pilates Karen 1000-1100 Yoga Karen 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	23 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	24 0900-1000 HIIT Karen 1000-1100 Cardio & Strength Karen 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	25 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
28 0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	29 0630-0730 Power Cycle Judy 0900-1000 Pilates Karen 1000-1100 Yoga Karen 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	30 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick		
PATRICK FITNESS CENTER, FRONT DESK 321-494-4947				