

SOUTH	MON	TUES	WED	THURS	FRI	SAT	SUN
			1	2	3	4	5
9:30 – 10:30am			9:15-9:40Cardio 9:40-10:40 Ripped Core - <i>Trish</i>	6:10-7:00 SPIN/ <i>Michelle</i> Variety Hour/ <i>Ali</i>	Ext. Ripped <i>Lesley</i>	Road Race <i>Lesley</i>	Ripped/Core <i>Lesley</i>
10:40-11:40am			Ext. Ripped 1000 <i>Lesley</i>		Ripped with Love <i>Jari</i>		
5:30 -6:30pm			Cardio Kick Box <i>Lesley</i>		Ripped 1000 <i>Ali</i>	10:40-11:40 Pilates <i>Trish</i>	10:45-12:15 Hatha & Yoga Nidra Meditation <i>Brendan</i>
6:40 – 7:40pm			Pilates <i>Sally</i>	Extremely Ripped <i>Bonnie</i>		11:50-12:50 Ripped/Chiseled <i>Bonnie</i>	
7:50 - 9:00pm			Yoga & Meditation <i>Annemarie</i>				
	6	7	8	9	10	11	12
9:30 – 10:30am	9:15-10:15 50/50 <i>Ali</i>	Pilates <i>Sharon</i>	9:15-9:40Cardio 9:40-10:40 Ripped Slim/Lean - <i>Trish</i>	6:10-7:00 SPIN/ <i>Michelle</i> Variety Hour/ <i>Ali</i>	Ripped/Core <i>Jari</i>	Road Race <i>Lesley</i>	Ext Ripped 1000 <i>Britt</i>
10:40-11:40am	10:25-11:25 Ripped <i>Jari</i>		Ripped/Core <i>Lesley</i>		Ripped Slim/Lean <i>Jari</i>		
5:30 -6:30pm	NO CLASS HOLIDAY!	ZUMBA! <i>Sheryl</i>	Cardio Kick Box <i>Lesley</i>		Ext. Ripped 1000 <i>Bonnie</i>	10:40-11:40 Pilates <i>Trish</i>	10:45-12:15 Hatha & Yoga Nidra Meditation <i>Shelley</i>
6:40 – 7:40pm	NO CLASS HOLIDAY!	Ripped Buffet <i>Lesley</i>	Pilates <i>Heather</i>	Ripped/Core <i>Ali</i>		11:50-12:50 Ripped/Core <i>Bonnie</i>	
7:50 - 9:00pm			Yoga & Meditation <i>Annemarie</i>				
	13	14	15	16	17	18	19
9:30 -10:30	9:15-10:15 50/50 <i>Randi</i>	Pilates <i>Sharon</i>	9:15-9:40Cardio 9:40-10:40 Ripped & Chiseled - <i>Trish</i>	6:10-7:00 SPIN/ <i>Michelle</i> Variety Hour/ <i>Ali</i>	Ripped 1000 <i>Lesley</i>	Road Race <i>Lesley</i>	Ripped 1000 <i>Britt</i>
10:40-11:40am	10:25-11:25 Ripped <i>Jari</i>		Ripped Buffet <i>Lesley</i>		Ripped with Love <i>Jari</i>		
5:30 -6:30pm	Ripped 1000 <i>Ali</i>	ZUMBA! <i>Sheryl</i>	Cardio Kick Box <i>Lesley</i>		Ripped/Chiseled <i>Ali</i>	10:40-11:40 Pilates <i>Heather</i>	10:45-12:15 Hatha & Yoga Nidra Meditation <i>Shelley</i>
6:40 – 7:40pm	Spin <i>Dave</i>	Ripped Slim/Lean <i>Lesley</i>	Pilates <i>Heather</i>	Ripped Buffet <i>Bonnie</i>		11:50-12:50 Ripped Slim/Lean <i>Ivy</i>	
7:50 - 9:00pm			Yoga & Meditation <i>Annemarie</i>				
	20	21	22	23	24	25	26
9:30 – 10:30am	9:15-10:15 50/50 <i>Randi</i>	Pilates <i>Sharon</i>	9:15-9:40Cardio 9:40-10:40 Ripped Core - <i>Trish</i>	6:10-7:00 SPIN/ <i>Michelle</i> Variety Hour/ <i>Ali</i>	Ext. Ripped <i>Jari</i>	Road Race <i>Ali</i>	Ripped/Chiseled <i>Britt</i>
10:40-11:40am	10:25-11:25 Ripped <i>Jari</i>		Ext. Ripped 1000 <i>Lesley</i>		Ripped 1000 <i>Jari</i>		
5:30 -6:30pm	Ripped Buffet <i>Ali</i>	STEP IT! <i>Ali</i>	Cardio Kick Box <i>Lesley</i>		Ext. Ripped <i>Ali</i>	10:40-11:40 Pilates <i>Heather</i>	10:45-12:15 Hatha & Yoga Nidra Meditation <i>Shelley</i>
6:40 – 7:40pm	Spin <i>Dave</i>	Extremely Ripped 1000 <i>Lesley</i>	Pilates <i>Heather</i>	Ripped Slim/Lean <i>Bonnie</i>		11:50-12:50 Ripped/Bar <i>Ivy</i>	
7:50 - 9:00pm			Yoga & Meditation <i>Annemarie</i>				
	27	28	29				
9:30 – 10:30am	9:15-10:15 50/50 <i>Randi</i>	Pilates <i>Sharon</i>	9:15-9:40Cardio 9:40-10:40 Ripped Slim/Lean - <i>Trish</i>	6:10-7:00 SPIN/ <i>Michelle</i> Variety/ <i>Ali</i>			
10:40-11:40am	10:25-11:25 Ripped <i>Jari</i>		Ripped/Chiseled <i>Lesley</i>				
5:30 -6:30pm	Ripped /Core <i>Ali</i>	ZUMBA! <i>Sheryl</i>	Cardio Kick Box <i>Lesley</i>				
6:40 – 7:40pm	Spin <i>Dave</i>	Ripped 1000 <i>Lesley</i>	Pilates <i>Heather</i>	Ripped/Chiseled <i>Bonnie</i>			
7:50 - 9:00pm			Yoga & Meditation <i>Annemarie</i>				

SEPTEMBER

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