

2025 SEPTEMBER

AEROBICS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
	01 NO CLASSES: LABOR DAY	02 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	03 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	04 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	05 9:30 AM Bootcamp	06
07	08 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Spin	09 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	10 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	11 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	12 9:30 AM Bootcamp	13
14	15 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Spin	16 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	17 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	18 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	19 9:30 AM Bootcamp	20
21	22 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Spin	23 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	24 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	25 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	26 9:30 AM Bootcamp	27
28	29 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Spin	30 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba				