

# September

## Gym Hours

Mon-Thurs: 6AM-8PM  
 Friday: 6AM-6PM  
 Saturday: 8AM-1PM  
 Sunday: CLOSED

# 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 GYM CLOSED	2 <i>Labor Day</i> <i>Enjoy the Holiday!</i>	3 6:00AM- X Core Training 9:00AM- R.I.P.P.E.D. w/ Callie 7:00PM- DanceJam w/ Lisa	4 8:30AM- Yoga Flow w/ Heni 9:30AM- X Core Training 6:30PM- HIIT Boxing w/ Andie	5 6:00AM- X Core Training 9:00AM- Tabata w/ Kara 6:30PM- X Core Training	6 8:30AM- Core Flow w/ Heni 9:30AM- R.I.P.P.E.D. w/ Callie 6:00PM- Body Chisel w/ Chad	7 8:30AM- X Core Training 9:00AM- R.I.P.P.E.D. w/ Kara 10:15AM- Boxing Bootcamp w/ Andie
8 GYM CLOSED	9 8:30AM - Insanity Live! 9:30AM- X Core Training 5:30PM- Muscle Mania w/ Chad 6:30PM- X Core Training 6:45PM- Yoga Flow/ Kathy	10 6:00AM- X Core Training 9:00AM- R.I.P.P.E.D. w/ Callie 7:00PM- DanceJam w/ Lisa	11 8:30AM- Yoga Flow w/ Heni 9:30AM- X Core Training 6:30PM- HIIT Boxing w/ Andie	12 6:00AM- X Core Training 9:00AM- Tabata w/ Kara 6:30PM- X Core Training	13 8:30AM- Core Flow w/ Heni 9:30AM- R.I.P.P.E.D. w/ Callie 6:00PM- Body Chisel w/ Chad	14 8:30AM- X Core Training 9:00AM- R.I.P.P.E.D. w/ Kara 10:15AM- Boxing Bootcamp w/ Andie
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29 GYM CLOSED	30 8:30AM - Insanity Live! 9:30AM- X Core Training 5:30PM- Muscle Mania w/ Chad 6:30PM- X Core Training 6:45PM- Yoga Flow/ Kathy					

**IMPORTANT:** Make sure to use the **SFX App** to sign in for your classes!

**REMINDER:** If and group class is cancelled, attend our **X Core** that day **FREE!**