

# September | Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Circuit Training 7:15 - 8:00 am Amelia		Upper Body Blast 7:15 - 7:45 am Amelia	
Total Body Stretch 12:00 - 12:20 pm Amelia	Total Body Boost 12:10 - 12:40 pm Amelia	Bootcamp 12:10 - 12:40 pm Amelia	Cardio & Core Combo 12:10 - 12:40 pm Amelia	