

September

Fitness Classes with Donna

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 YOGA 9:30 – 10:30	3 BOOM 9:30 – 10:30	4 YOGA 9:30 – 10:30	5
6	7 NO CLASS	8 CIRCUIT 9:30 – 10:30	9 YOGA 9:30 – 10:30	10 BOOM 9:30 – 10:30	11 YOGA 9:30 – 10:30	12
13	14 YOGA 9:30 – 10:30	15 CIRCUIT 9:30 – 10:30	16 YOGA 9:30 – 10:30	17 BOOM 9:30 – 10:30	18 YOGA 9:30 – 10:30	19
20	21 YOGA 9:30 – 10:30	22 CIRCUIT 9:30 – 10:30	23 YOGA 9:30 – 10:30	24 BOOM 9:30 – 10:30	25 YOGA 9:30 – 10:30	26
27	28 YOGA 9:30 – 10:30	29 CIRCUIT 9:30 – 10:30	30 YOGA 9:30 – 10:30			