

September - October Rise & Grind

Date	Day	Class	Time	Instructor
10/5/2024	Saturday	Rise & Grind	8am	Alissa
10/12/2024	Saturday	Rise & Grind	8am	Kristi T.
10/19/2024	Saturday	Rise & Grind	8am	Tonja
10/26/2024	Saturday	Rise & Grind	8am	Courtney
11/2/2024	Saturday	Rise & Grind	8am	
11/9/2024	Saturday	Rise & Grind	8am	
11/16/2024	Saturday	Rise & Grind	8am	
11/23/2024	Saturday	Rise & Grind	8am	
11/30/2024	Saturday	Rise & Grind	8am	Leanne

September - October Tuesday Hatha Flow Yoga

10/1/2024	Tuesday	Hatha Flow Yoga	5pm	Mona
10/8/2024	Tuesday	Hatha Flow Yoga	5pm	Kathy S.
10/15/2024	Tuesday	Hatha Flow Yoga	5pm	Mona
10/22/2024	Tuesday	Hatha Flow Yoga	5pm	Jill
10/29/2024	Tuesday	Hatha Flow Yoga	5pm	Jill

September - October Sunday Hatha Flow Yoga

10/6/2024	Sunday	Hatha Flow Yoga	10am	Kathy S
10/13/2024	Sunday	Hatha Flow Yoga	10am	Courtney
10/20/2024	Sunday	Hatha Flow Yoga	10am	Kelly
10/27/2024	Sunday	Hatha Flow Yoga	10am	Courtney

September - October Monday HIIT Cardio

10/7/2024	Monday	HIIT Cardio	10:30am	Leanne
10/14/2024	Monday	HIIT Cardio	10:30am	Alissa
10/21/2024	Monday	HIIT Cardio	10:30am	Alissa
10/28/2024	Monday	HIIT Cardio	10:30am	Leanne