

# SEPTEMBER 2026



| Monday                                                            | Tuesday                                                                                          | Wednesday                                                           | Thursday                                                                                     | Friday              | Saturday                 |
|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------|---------------------|--------------------------|
| 31<br>8:30am Barre<br>12:40pm Restorative Yoga<br>6:00pm Hot Yoga | 1<br>5:30am Barre<br>8:30am Restorative Wall Yoga<br>12:40pm Mat Pilates<br>6:00pm LIFT30 + Abs  | 2<br>8:30am QuickBurn40<br>12:40pm Wall Yoga<br>6:00pm QuickBurn40  | 3<br>5:30am QuickBurn40<br>8:30am Hot Yoga<br>12:40pm Stretch & Flow<br>6:00pm LIFT30 + Abs  | 4<br>8:30am LIFT30  | 5<br>9:00am QuickBurn40  |
| 7<br>8:30am Barre<br>12:40pm Restorative Yoga<br>6:00pm Hot Yoga  | 8<br>5:30am Barre<br>8:30am Restorative Wall Yoga<br>12:40pm Mat Pilates<br>6:00pm LIFT30 + Abs  | 9<br>8:30am QuickBurn40<br>12:40pm Wall Yoga<br>6:00pm QuickBurn40  | 10<br>5:30am QuickBurn40<br>8:30am Hot Yoga<br>12:40pm Stretch & Flow<br>6:00pm LIFT30 + Abs | 11<br>8:30am LIFT30 | 12<br>9:00am QuickBurn40 |
| 14<br>8:30am Barre<br>12:40pm Restorative Yoga<br>6:00pm Hot Yoga | 15<br>5:30am Barre<br>8:30am Restorative Wall Yoga<br>12:40pm Mat Pilates<br>6:00pm LIFT30 + Abs | 16<br>8:30am QuickBurn40<br>12:40pm Wall Yoga<br>6:00pm QuickBurn40 | 17<br>5:30am QuickBurn40<br>8:30am Hot Yoga<br>12:40pm Stretch & Flow<br>6:00pm LIFT30 + Abs | 18<br>8:30am LIFT30 | 19<br>9:00am QuickBurn40 |
| 21<br>8:30am Barre<br>12:40pm Restorative Yoga<br>6:00pm Hot Yoga | 22<br>5:30am Barre<br>8:30am Restorative Wall Yoga<br>12:40pm Mat Pilates<br>6:00pm LIFT30 + Abs | 23<br>8:30am QuickBurn40<br>12:40pm Wall Yoga<br>6:00pm QuickBurn40 | 24<br>5:30am QuickBurn40<br>8:30am Hot Yoga<br>12:40pm Stretch & Flow<br>6:00pm LIFT30 + Abs | 25<br>8:30am LIFT30 | 26<br>9:00am QuickBurn40 |
| 28<br>8:30am Barre<br>12:40pm Restorative Yoga<br>6:00pm Hot Yoga | 29<br>5:30am Barre<br>8:30am Restorative Wall Yoga<br>12:40pm Mat Pilates<br>6:00pm LIFT30 + Abs | 30<br>8:30am QuickBurn40<br>12:40pm Wall Yoga<br>6:00pm QuickBurn40 | 1<br>5:30am QuickBurn40<br>8:30am Hot Yoga<br>12:40pm Stretch & Flow<br>6:00pm LIFT30 + Abs  | 2<br>8:30am LIFT30  | 3<br>9:00am QuickBurn40  |