

## SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	2  6:30AM Tight n' Tone 5:30PM Fit and Tone	3  9AM Morning Rise	4  11AM Stretch & Tone
5	6  <b>CLOSED FOR LABOR DAY!!</b>	7  6:30AM Tight n' Tone 6:30PM Fit and Tone	8  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	9  6:30AM Tight n' Tone 5:30PM Fit and Tone	10  9AM Morning Rise	11
12	13  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	14  6:30AM Tight n' Tone 6:30PM Fit and Tone	15  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	16  6:30AM Tight n' Tone 5:30PM Fit and Tone	17  9AM Morning Rise	18  11AM Stretch & Tone
19	20  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	21  6:30AM Tight n' Tone 6:30PM Fit and Tone	22  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	23  6:30AM Tight n' Tone 5:30PM Fit and Tone	24  9AM Morning Rise	25
26	27  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	28  6:30AM Tight n' Tone 6:30PM Fit and Tone	29  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	30  6:30AM Tight n' Tone 5:30PM Fit and Tone	1	2

# OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 9AM Morning Rise	2 11AM Stretch & Tone
3	4 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	5 6:30AM Tight n' Tone 6:30PM Fit and Tone	6 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	7 6:30AM Tight n' Tone 5:30PM Fit and Tone	8 9AM Morning Rise	9
10	11 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	12 6:30AM Tight n' Tone 6:30PM Fit and Tone	13 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	14 6:30AM Tight n' Tone 5:30PM Fit and Tone	15 9AM Morning Rise	16 11AM Stretch & Tone
17	18 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	19 6:30AM Tight n' Tone 6:30PM Fit and Tone	20 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	21 6:30AM Tight n' Tone 5:30PM Fit and Tone	22 9AM Morning Rise	23
24	25 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	26 6:30AM Tight n' Tone 6:30PM Fit and Tone	27 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	28 6:30AM Tight n' Tone 5:30PM Fit and Tone	29 9AM Morning Rise	30 11AM Stretch & Tone
31	1	2	3	4	5	6

# NOVEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	<b>1</b> 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	<b>2</b> 6:30AM Tight n' Tone 6:30PM Fit and Tone	<b>3</b> 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	<b>4</b> 6:30AM Tight n' Tone 5:30PM Fit and Tone	<b>5</b> 9AM Morning Rise	<b>6</b>
7	<b>8</b> 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	<b>9</b> 6:30AM Tight n' Tone 6:30PM Fit and Tone	<b>10</b> 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	<b>11</b> 6:30AM Tight n' Tone 5:30PM Fit and Tone	<b>12</b> 9AM Morning Rise	<b>13</b> 11AM Stretch & Tone
14	<b>15</b> 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	<b>16</b> 6:30AM Tight n' Tone 6:30PM Fit and Tone	<b>17</b> 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	<b>18</b> 6:30AM Tight n' Tone 5:30PM Fit and Tone	<b>19</b> 9AM Morning Rise	<b>20</b>
21	<b>22</b> 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	<b>23</b> 6:30AM Tight n' Tone 6:30PM Fit and Tone	<b>24</b> 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	<b>25</b> 6:30AM Tight n' Tone 5:30PM Fit and Tone	<b>26</b> 9AM Morning Rise	<b>27</b> 11AM Stretch & Tone
28	<b>29</b> 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	<b>30</b> 6:30AM Tight n' Tone 6:30PM Fit and Tone	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

## DECEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	2  6:30AM Tight n' Tone 5:30PM Fit and Tone	3  9AM Morning Rise	4
5	6  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	7  6:30AM Tight n' Tone 6:30PM Fit and Tone	8  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	9  6:30AM Tight n' Tone 5:30PM Fit and Tone	10  9AM Morning Rise	11  11AM Stretch & Tone
12	13  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	14  6:30AM Tight n' Tone 6:30PM Fit and Tone	15  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	16  6:30AM Tight n' Tone 5:30PM Fit and Tone	17  9AM Morning Rise	18
19	20  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	21  6:30AM Tight n' Tone 6:30PM Fit and Tone	22  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	23  6:30AM Tight n' Tone 5:30PM Fit and Tone	24  Closed for Christmas Eve!	25  Closed for Christmas!
26	27  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	28  6:30AM Tight n' Tone 6:30PM Fit and Tone	29  9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	30  6:30AM Tight n' Tone 5:30PM Fit and Tone	31  9AM Morning Rise	1