

September 2022

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

October 2022

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

November 2022

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

December 2022

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

January 2022

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