

All classes, times, and instructors subject to change and/or cancellation.

SEPTEMBER 2018 ROTATION SCHEDULE						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7 LES MILLS GRIT PLYO 5:15PM - Fin	8
9	10	11	12	13 LES MILLS GRIT PLYO 7:20AM - Sam	14 LES MILLS GRIT STRENGTH 5:15PM - Fin	15
16	17	18	19	20 LES MILLS GRIT STRENGTH 7:20AM - Sam	21 LES MILLS GRIT CARDIO 5:15PM - Fin	22
23	24	25	26	27 LES MILLS GRIT CARDIO 7:20AM - Sam	28 LES MILLS GRIT PLYO 5:15PM - Fin	29