



September 2019 Employee Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
2	3 12:00-12:30 On the Ball 4:30-5:30 NO CLASS	4 12:00-12:30 Cardio Strength 4:30-5:30 Tabata	5 12:00-12:30pm Body Blast 4:30-5:30pm Total Body Tone	6
9 12:00-12:30pm Yoga w/Erika 4:30-5:30pm Butts & Guts	10 12:00-12:30pm Butts & Guts 4:30-5:30pm Tuesday Tabata	11 12:00-12:30pm Qigong w/Erika 4:30-5:30 Body Blast	12 12:00-12:30pm Tabata 4:30-5:30pm On the Ball	13
16 12:00-12:30pm Yoga w/Erika 4:30-5:30pm Cardio Strength	17 12:00-12:30pm Body Blast 4:30-5:30pm Tuesday Tabata	18 12:00-12:30pm Qigong w/Erika 4:30-5:30 Circuits	19 12:00-12:30pm Total Body Tone 4:30-5:30pm Butts & Guts	20
23 12:00-12:30pm Yoga w/Erika 4:30-5:30pm Body Blast	24 12:00-12:30pm Tabata 4:30-5:30pm Tuesday Tabata	25 12:00-12:30pm Qigong w/Erika 4:30-5:30 Butts & Guts	26 12:00-12:30pm Total Body Tone 4:30-5:30pm On the Ball	27
30 12:00-12:30pm Yoga w/Erika 4:30-5:30pm NO CLASS				