

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Labor Day Studio Closed	2 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 TRX & Stretch (V) 5:30 Pilates Apparatus*	3 5:45 Fitcamp 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)	4 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(OV) 9:30 Pilates Mat* 10:30 Pilates Apparatus* 5:30 Barre Fusion (V)	5 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(OV) 11:00 Pilates Apparatus*	6 7:30 Spin (OV) 8:30 Barre (V)
7	8 5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (OV) 10:30/ 11:30/ 12:30 Pilates Apparatus* 5:30 Spin (OV)	9 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Progressive Overload* 5:30 TRX & Stretch (V) 5:30 Pilates Apparatus*	10 5:45 Fitcamp 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)	11 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(OV) 9:30 Pilates Mat* 10:30 Pilates Apparatus* 5:30 Barre Fusion (V)	12 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(OV) 11:00 Pilates Apparatus*	13 7:30 Spin (OV) 8:30 Barre (V)
14	15 5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (OV) 10:30/ 11:30/ 12:30 Pilates Apparatus* 5:30 Spin (OV)	16 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Progressive Overload* 5:30 TRX & Stretch (V) 5:30 Pilates Apparatus*	17 5:45 Fitcamp 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)	18 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(OV) 9:30 Pilates Mat* 10:30 Pilates Apparatus* 5:30 Barre Fusion (V)	19 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(OV) 11:00 Pilates Apparatus*	20 7:30 Spin (OV) 8:30 Barre (V)
21	22 5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (OV) 10:30/ 11:30/ 12:30 Pilates Apparatus* 5:30 Spin (OV)	23 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Progressive Overload* 5:30 TRX & Stretch (V) 5:30 Pilates Apparatus*	24 5:45 Fitcamp 8:00 WRW* 9:30 Circuit Training (OV) 11:30 Pilates Apparatus* 12:30 Pilates Apparatus* 5:30 Spin (OV) 6:30 Yoga Flow(V)	25 5:45 Spin 8:30 WRW* 9:30 Spin/Sculpt(OV) 9:30 Pilates Mat* 10:30 Pilates Apparatus* 5:30 Barre Fusion (V)	26 5:45 Fitcamp 7:30 WRW* 9:30 Total Conditioning(OV) 11:00 Pilates Apparatus*	27 7:30 Spin (OV) 8:30 Barre (V)
28	29 5:45 Fitcamp 7:00 WRW* 8:00 HIIT(30 m) (OV) 10:30/ 11:30/ 12:30 Pilates Apparatus* 5:30 Spin (OV)	30 8:30 WRW* 9:30 Barre (45 m) (V) 10:30 Pilates Apparatus* 5:30 Progressive Overload* 5:30 TRX & Stretch (V) 5:30 Pilates Apparatus*		ORANGE: Small Group Training: series not included in class cards/ memberships. Email fitnessdirections@gmail.com for availability WRW: Weight Room Workout (Strength Series)		O: Outdoors (Garage Studio) V: Virtual Option Available Please note: Fitcamp meets out back by FD garage studio