

DYNAMIC & YOGA FITNESS CENTER

September 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
3	4	5	6	7	8	9
	STUDIO CLOSED FOR LABOR DAY!	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Vinyasa Yoga 7:30 Relaxation Yoga	5:45 Cycling 8:30 Kick it Up 12:00 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre	8:30 Zumba 9:30 Vinyasa Yoga 12:00 Strength 4:30 Total Body Fitness 5:30 Zumba	8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
10	11	12	13	14	15	16
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Vinyasa Yoga 7:30 Relaxation Yoga	5:45 Cycling 8:30 Kick it Up 12:00 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre	8:30 Zumba 9:30 Vinyasa Yoga 12:00 Strength 4:30 Total Body Fitness 5:30 Zumba	8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
17	18	19	20	21	22	23
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Vinyasa Yoga 7:30 Relaxation Yoga	5:45 Cycling 8:30 Kick it Up 12:00 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre	8:30 Zumba 9:30 Vinyasa Yoga 12:00 Strength 4:30 Total Body Fitness 5:30 Zumba	8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
24	25	26	27	28	29	30
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 4:30 Strength 5:30 Zumba 6:30 Vinyasa Yoga 7:30 Relaxation Yoga	5:45 Cycling 8:30 Kick it Up 12:00 Slow Flow Yoga 4:30 Cardio Circuit 5:30 Beginner Barre	8:30 Zumba 9:30 Vinyasa Yoga 12:00 Strength 4:30 Total Body Fitness 5:30 Zumba	8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
notes						
	Schedule Change Cancelled Class 30 Minute Class					