



# September Class Schedule

1525 Wilimington Dr.  
DuPont Wa, 98327  
(253) 964-2490

\*New Classes are highlighted  
\*Classes may Change or Cancel due to Illness of Instructors

MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY

1	2	3	4	5	6
<b>Labor Day!!</b>  No Classes	8:15 Pilates (Sharon)  5:00 Pilates (Sharon) 6:00pm <b>Zumba</b> (Sherina) 7:00pm <b>Weight Training &amp; Cardio &amp; Abs</b> (Brigitte)	5:00pm Yoga (Myra) 7:00PM KickBoxing (Brigitte)	5:00pm Pilates (Sharon)  6:30pm Spin & Sculpt (Kellene)	9:00am Pilates (Angela) 10:00am Yoga (Myra)	9:00am KickBoxing (Brigitte)
<b>8:30am Gentle Yoga</b> (Angela) 10:00am Yoga (Julie)  5:00pm Yoga (Myra) 6:30pm Spin & Sculpt (Sharon)	8:15 Pilates (Sharon)  5:00 Pilates (Sharon) 6:00pm <b>Zumba</b> (Sherina) 7:00pm <b>Weight Training &amp; Cardio &amp; Abs</b> (Brigitte)	5:00pm Yoga (Myra) 7:00PM KickBoxing (Brigitte)	5:00pm Pilates (Sharon)  6:30pm Spin & Sculpt (Kellene)	9:00am Pilates (Sharon) 10:00am Yoga (Myra)	9:00am KickBoxing (Brigitte)
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