

SYS Fitness Calendar- September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
† Extra fee paid directly to instructor * Extra fee for class				1 Boot Camp 7:30am* Spin 8:30am* Water Aerobics 9:30am* Pilates 9:30am Get Fit 5pm Spin 6:15pm*	2 Crossfit 6am* Spin & Circuit 8:15am* SBT 9:30am Flex for Life 10:30am* Body Blast 5pm Zumba 6:00pm*	3 Cross Fit 8am* Cardio Blast 9am Spin 9am*
4 Yoga 11am†	5 No Classes	6 Get Fit 5pm	7 Total Tone 5pm Zumba 6pm*	8 Get Fit 5pm	9 Total Tone 5pm Zumba 6pm*	10 Cardio Blast 9am
11 Spin 9am* Yoga 11am†	12 Crossfit 6am* Spin 8am* SBT 9:30am Total Tone 5pm Zumba 5:30pm*	13 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Rattle & Stroll 11am* Get Fit 5pm Spin 6:15pm*	14 Crossfit 6am* Spin 8am* SBT 9:30am Walking Club 10am* Total Tone 5pm Zumba 6pm*	15 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Rattle & Stroll 11am* Get Fit 5pm Spin 6:15pm*	16 Crossfit 6am* Spin & Circuit 8am* SBT 9:30am Flex for Life 10:30am* Total Tone 5pm Zumba 6pm*	17 Cardio Blast 9am Spin 9am*
18 Spin 9am* Yoga 11am†	19 Crossfit 6am* Spin 8am* SBT 9:30am Total Tone 5pm Zumba 5:30pm*	20 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Rattle & Stroll 11am* Get Fit 5pm Spin 6:15pm*	21 Crossfit 6am* Spin 8am* SBT 9:30am Walking Club 10am* Total Tone 5pm Zumba 6pm*	22 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Rattle & Stroll 11am* Get Fit 5pm Spin 6:15pm*	16 Crossfit 6am* Spin & Circuit 8am* SBT 9:30am Flex for Life 10:30am* Total Tone 5pm Zumba 6pm*	24 Cardio Blast 9am Spin 9am*
25 Spin 9am* Yoga 11am† Zumba Master Class 12pm*	26 Crossfit 6am* Spin 8am* SBT 9:30am Total Tone 5pm Zumba 5:30pm*	27 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Rattle & Stroll 11am* Get Fit 5pm Spin 6:15pm*	28 Crossfit 6am* Spin 8am* SBT 9:30am Walking Club 10am Total Tone 5pm Zumba 6pm*	29 Boot Camp 7:30am* Spin 8am* Pilates 9:30am Rattle & Stroll 11am* Get Fit 5pm Spin 6:15pm*	30 Crossfit 6am* Spin & Circuit 8am* SBT 9:30am Flex for Life 10:30am* Total Tone 5pm Zumba 6pm*	