

## Monti Physical Fitness Center Group Fitness Schedule

◀ September 2017		<b>October 2017</b>					November 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>1</b>	<b>2</b> 0930-BOOT CAMP 1800- ZUMBA 1915-BODY BLAST	<b>3</b> 0915- YOGA 1030-H.I.I.T 1715-SPIN 1830-MIXXED FIT	<b>4</b> 0930-TRIPLE THREAT 1715- ZUMBA 1830-CARDIO SCULPT	<b>5</b> 0915-YOGA 1030-ZUMBA 1715- SPIN 1830-MIXXED FIT	<b>6</b> DONSA 9-5PM 0930-BODY BLAST	<b>7</b> 0930- ZUMBA	
<b>8</b>	<b>9</b> DONSA- 9-5PM 0930-BOOT CAMP	<b>10</b> 0915- YOGA 1030-H.I.I.T 1715-SPIN 1830-MIXXED FIT	<b>11</b> 0930-TRIPLE THREAT 1715- ZUMBA 1830-CARDIO SCULPT	<b>12</b> 0915-YOGA 1030-ZUMBA 1715- SPIN 1830-MIXXED FIT	<b>13</b> 0930-BODY BLAST 1830-MIXXED FIT	<b>14</b> 0930- ZUMBA	
<b>15</b>	<b>16</b> 0930-BOOT CAMP 1800- ZUMBA 1915-BODY BLAST	<b>17</b> 0915- YOGA 1030-H.I.I.T 1715-SPIN 1830-MIXXED FIT	<b>18</b> 0930-TRIPLE THREAT 1715- ZUMBA 1830-CARDIO SCULPT	<b>19</b> 0915-YOGA 1030-ZUMBA 1715- SPIN 1830-MIXXED FIT	<b>20</b> 0930-BODY BLAST 1830-MIXXED FIT	<b>21</b> 0930- ZUMBA	
<b>22</b>	<b>23</b> 0930-BOOT CAMP 1800- ZUMBA 1915-BODY BLAST	<b>24</b> 0915- YOGA 1030-H.I.I.T 1715-SPIN 1830-MIXXED FIT	<b>25</b> 0930-TRIPLE THREAT 1715- ZUMBA 1830-CARDIO SCULPT	<b>26</b> 0915-YOGA 1030-ZUMBA 1715- SPIN 1830-MIXXED FIT	<b>27</b> NO morning Classes ZOMBIE 5K Setup 1830-MIXXED FIT	<b>28</b> 0930- ZUMBA	
<b>29</b>	<b>30</b> 0930-BOOT CAMP 1800- ZUMBA 1915-BODY BLAST	<b>31</b> 0915- YOGA 1030-H.I.I.T 1715-SPIN 1830-MIXXED FIT	<b>Notes:</b>				