

WCP GROUP EXERCISE SCHEDULE -SEPTEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 <i>Sorry we're</i> CLOSED	5 *NEW CLASS* HITT 12:15 - 1:00 MARISHA	6 *NEW CLASS* YOGI TO THE CORE 12:15 - 1:00 JANINE	7 *NEW CLASS* BARRE FUSION 12:00 - 12:55 YULIA
11 FULL BODY STRENGTH 12:15 - 1:00 KIM N	12 HITT 12:15 - 1:00 KIM I	13 YOGI TO THE CORE 12:15 - 1:00 JANINE	14 BARRE FUSION 12:00 - 12:55 YULIA
18 FULL BODY STRENGTH 12:15 - 1:00 KIM N	19 HITT 12:15 - 1:00 KIM I	20 YOGI TO THE CORE 12:15 - 1:00 JANINE	21 BARRE FUSION 12:00 - 12:55 YULIA
25 FULL BODY STRENGTH 12:15 - 1:00 KIM N	26 HITT 12:15 - 1:00 KIM I	27 YOGI TO THE CORE 12:15 - 1:00 JANINE	28 BARRE FUSION 12:00 - 12:55 YULIA

NOTES:

- CLASSES INCLUDED IN MEMBERSHIP, SIGN UP ONLINE OR WITH THE APP!
- THIS IS A DYNAMIC SCHEDULE AND WILL CHANGE WITH MEMBER NEEDS
- CLASS INSTRUCTOR MAY VARY DUE TO INJURY/ILLNESS

