

# September 2023 Fitness Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Wednesday Morning HIIT class suspended until further notice</b>		1 <b>No Fitness Classes</b>	2 <b>No Fitness Classes</b>
3 <b>No Fitness Classes</b>	4  <b>No Classes Today</b>	5 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM Spin – 6:30 PM	6 <del>HIIT Class – 8:30 AM</del> Tabata – 9:30 AM Strengthen & Toning–9:30AM SS Cardio – 11:00 AM Zumba Toning – 6:15 PM	7 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Spin Class – 6:30 PM Pilates/Barre - 7:30 PM	8 HIIT Class – 9:30 AM	9 Zumba – 9:00 AM Spin Class – 9:00AM
10 <b>No Fitness Classes</b>	11 Strength, Core & More–9:30AM Yogalates/Barre Basics–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	12 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM Spin – 6:30 PM	13 <del>HIIT Class – 8:30 AM</del> Tabata – 9:30 AM Strengthen & Toning–9:30AM SS Cardio – 11:00 AM Zumba Toning – 6:15 PM	14 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Spin Class – 6:30 PM Pilates/Barre - 7:30 PM	15 HIIT Class – 9:30 AM	16 Zumba – 9:00 AM Spin Class – 9:00AM
17 <b>No Fitness Classes</b>	18 Strength, Core & More–9:30AM Yogalates/Barre Basics–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	19 Dance Party – 9:30 AM Stability – 11:00 AM <b>No Barre</b> Spin – 6:30 PM	20 <del>HIIT Class – 8:30 AM</del> Tabata – 9:30 AM Strengthen & Toning–9:30AM SS Cardio – 11:00 AM Zumba Toning – 6:15 PM	21 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Spin Class – 6:30 PM Pilates/Barre - 7:30 PM	22 HIIT Class – 9:30 AM	23 Zumba – 9:00 AM <b>No Spin Class</b>
24 <b>No Fitness Classes</b>	25 Strength, Core & More-9:30AM Yogalates/Barre Basics–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	26 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM Spin – 6:30 PM	27 <del>HIIT Class – 8:30 AM</del> Tabata – 9:30 AM Strengthen & Toning–9:30AM SS Cardio – 11:00 AM Zumba Toning – 6:15 PM	28 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Spin Class – 6:30 PM Pilates/Barre - 7:30 PM	29 HIIT Class – 9:30 AM	30 Zumba – 9:00 AM Spin Class – 9:00AM

**Classes Subject to change – Check MONTCRC.COM or our Facebook page for most current updates**