















Time	Monday 8/31	Tuesday 9/1	Wednesday 9/2	Thursday 9/3	Friday 9/4	Saturday 9/5	Sunday 9/6
7:30am	 Boot Camp Rich		 Boot Camp Rich				
8am					 LIVE! Cardio Barre Sculpt Amy		
10am		  Cardio Workout Sarah		  Total Body Strength Sarah		  Core Workout Sarah	
						 Mobility Rich	
12pm		  Test Yourself Caitlin	  Hip Hop Playlist Caitlin	  Story Time Kids Program Staff	  Car Workout Caitlin		  HIPS Caitlin
		  Story Time Kids Program Staff					
3pm							  Phil's Drills (tennis) Phil
4pm		 LIVE! Slow Flow Yoga Terry					
5pm			  Circuit Workout Jaime				
7:30pm				 Mobility Rich			
MOSSA class of the day		60-min Combo #7 