

September

GROUP FITNESS SCHEDULE

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day 5-9am No Group Fitness	3 4:30 PM Nicole EPHIT	4 5:15AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	5 4:30 AM Nicole EPHIT	6 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	7
8	9 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped 4:30 PM Nicole EPHIT	10 4:30 PM Nicole EPHIT	11 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	12 4:30 AM Nicole EPHIT	13 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	14
15	16 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped 4:30 PM Nicole EPHIT	17 4:30 PM Nicole EPHIT	18 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	19 4:30 PM Nicole EPHIT	20 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	21
22	23 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped 4:30 PM Nicole EPHIT	24 4:30 PM Nicole EPHIT	25 5:15 AM Trisha EPHIT 8:30 AM Katie PHIT 9:15 AM Katie Ripped	26 4:30 PM Nicole EPHIT	27 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	28
29	30 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped 4:30 PM Nicole EPHIT	1 4:30 AM Nicole EPHIT	2 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	3 4:30 PM Nicole EPHIT	4 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	5