

GROUP FITNESS CALENDAR

Fitness for Women, 5828-O Moon Road, Columbus, GA 31909 (706) 569-9333

September-10

www.ACFitnessForWomen.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			6:00 BODY ATTACK - ANNA 9:00 BODY PUMP - DAWN 10:00 ZUMBA - CHERYL 5:00 SAMPLER - GEORGIA 6:00 BODY PUMP - CHRISTINE	9:00 BODYATTACK - KARI 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - SIKES 7:00 ZUMBA - JULIANA	9:00 CIRCUIT - DAWN 10:00 YOGALATES - GEORGIA 5:00 ZUMBA - CHERYL	9:00 BODYPUMP - CHRISTINE 10:00 ATTACK - CHRISTINE
5	6	7	8	9	10	11
	LABOR DAY MASTERCLASS 9:00 CHRISTINE	9:00 BODY ATTACK - KARI 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GEORGIA 6:00 BODY ATTACK - GEORGIA 7:00 YOGA - DEVINA	6:00 BODY ATTACK - ANNA 9:00 BODY PUMP - LISA 10:00 ZUMBA - JULIANA 5:00 STEP - GEORGIA 6:00 BODY PUMP - LAUREN	9:00 BODYATTACK - KARI 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - SIKES 7:00 ZUMBA - JULIANA	9:00 CIRCUIT - KARI 10:00 YOGALATES - GEORGIA 5:00 ZUMBA - CHERYL	9:00 BODYPUMP - TABITHA 10:00 STEP - GEORGIA
12	13	14	15	16	17	18
	6:00 BODYPUMP - GERRI 9:00 BODY PUMP - DAWN 10:00 ZUMBA - JULIANA 5:00 PILATES - GEORGIA 6:00 BODY PUMP - LAUREN 7:00 ZUMBA - CHERYL	9:00 BODY ATTACK - KARI 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - CHRISTINE 6:00 BODY ATTACK - CHRISTINE 7:00 YOGA - DEVINA	6:00 STEP - LAUREN 9:00 BODY PUMP - DAWN 10:00 ZUMBA - CHERYL 5:00 SAMPLER - GEORGIA 6:00 BODY PUMP - SIKES	9:00 BODYATTACK - KARI 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - SIKES 7:00 ZUMBA - JULIANA	9:00 CIRCUIT - LISA 10:00 YOGALATES - GEORGIA 5:00 ZUMBA - CHERYL	9:00 BODYPUMP - GERRI 10:00 ATTACK - MELISSA
19	20	21	22	23	24	25
	6:00 BODYPUMP - GERRI 9:00 BODY PUMP - DAWN 10:00 YOGALATES - GEORGIA 5:00 BASIC STEP - CHRISTINE 6:00 BODY PUMP - CHRISTINE 7:00 ZUMBA - CHERYL	9:00 BODY ATTACK - KARI 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 BODY ATTACK - GEORGIA 7:00 YOGA - DEVINA	6:00 STEP - LAUREN 9:00 BODY PUMP - LISA 10:00 ZUMBA - JULIANA 5:00 STEP - GEORGIA 6:00 BODY PUMP - SIKES	9:00 BODYATTACK - KARI 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - LAUREN 7:00 ZUMBA - JULIANA	9:00 CIRCUIT - KARI 10:00 YOGALATES - GEORGIA 5:00 ZUMBA - CHERYL	9:00 BODYPUMP - TABITHA 10:00 STEP - SIKES
26	27	28	29	30		
	6:00 BODYPUMP - ANNA 9:00 BODY PUMP - DAWN 10:00 ZUMBA - JULIANA 5:00 PILATES - GEORGIA 6:00 BODY PUMP - LAUREN 7:00 ZUMBA - CHERYL	9:00 BODY ATTACK - KARI 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 BODY ATTACK - CHRISTINE 7:00 YOGA - DEVINA	6:00 BODY ATTACK - ANNA 9:00 BODY PUMP - DAWN 10:00 ZUMBA - CHERYL 5:00 SAMPLER - GEORGIA 6:00 BODY PUMP - SIKES	9:00 BODYATTACK - KARI 11:00 LIGHT & LEAN - MICHELLE 5:00 BODY PUMP - GERRI 6:00 STEP - ANNA 7:00 ZUMBA - JULIANA		

CLASSES SUBJECT TO CHANGE