Island Time • FITNESS •

SEPTEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
				1 ZG Toning 10:15a Z Toning 6:15p	2 Zumba 6:15p	3 Pilates 9:15a Zumba 10:15a Zumbini 11:30a
4 Bellydance Fit 2:15p (NEW!)	5 No Classes Happy Labor Day!	6 Z Gold 10:15a Zumba 6:15p	7 Zumbini 11:30a Z Gold 10:15a Strong 30 5:30p Zumba 6:15p	8 ZG Toning 10:15a Z Toning 6:15p	9 Zumba 6:15p	10 Sp Stretch 9:15a Zumba 10:15a Zumbini 11:30a Z Kids 12:30p
11 Bellydance Fit 2:15p	12 ZG Toning 10:15a Z Toning 6:15p	13 Z Gold 10:15a Zumba 6:15p	14 Zumbini 11:30a Z Gold 10:15a Strong 30 5:30p Zumba 6:15p	15 ZG Toning 10:15a Z Toning 6:15p	16 Zumba 6:15p	17 Pilates 9:30a Zumba 10:15a Zumbini 11:30a Z Kids 12:30p
18 FALL Into Fun Zumba With Hector Case! 2p	19 ZG Toning 10:15a Z Toning 6:15p	20 Z Gold 10:15a Zumba 6:15p	21 Zumbini 11:30a Z Gold 10:15a Strong 30 5:30p Zumba 6:15p	22 ZG Toning 10:15a Z Kids 4:15p Z Toning 6:15p	23 Zumba 6:15p	24 Pilates 9:15a Zumba 10:15a Zumbini 11:30a Z Kids 12:30p
25 Bellydance Fit 2:15p	26 ZG Toning 10:15a Z Toning 6:15p	27 Z Gold 10:15a Zumba 6:15p	28 Zumbini 11:30a Z Gold 10:15a Strong 30 5:30p Zumba 6:15p	29 ZG Toning 10:15a Z Kids 4:15p Z Toning 6:15p	30 Zumba 6:15p	