

September 2020 Group Fitness Class Schedule



Telephone for Class Sign-ups: 435-647-5555
Fitness schedule is subject to change

	Sunday 30-Aug	Monday 31-Aug	Tuesday 1-Sep	Wednesday 2-Sep	Thursday 3-Sep	Friday 4-Sep	Saturday 5-Sep
Classes are limited in size due to social distancing guidelines. Please book online or telephone the Spa desk to reserve your spot.		8 TBC Shan 9 Body & Bands Shan 10 Body & Bands Shan	6 Circuit Miranda 9 Tabata Miranda 10 Stretch & Stability Miranda 4 Yoga Meri	6 TBC Keri 8 TBC Miranda 9 Stretch & Stability Miranda 10 Mat Pilates Jaada	6 Tabata Shan 7:30 Cycle Claire 9 Circuit Jaada 10 Body & Bands Jaada	6 TBC Shan 8 TBC Jaada 9 Mat Pilates Jaada 10 Cardio Burst Jaada	7:30 Circuit Melanie 8:30 Circuit Melanie 9:30 Stretch & Stability Melanie
	Sunday 6-Sep	Monday 7-Sep	Tuesday 8-Sep	Wednesday 9-Sep	Thursday 10-Sep	Friday 11-Sep	Saturday 12-Sep
		8 Circuit Jaada 9 Cycle Jaada 10 Total Barre Jaada	6 Circuit Miranda 9 Kick Boxing Jaada 10 Yoga Jaada 4 Body & Bands Meri	6 Tabata Rhielle 8 TBC Miranda 9 Stretch & Stability Miranda 10 Total Barre Jaada	6 TBC Karen 7:30 TBC Claire 9 Tabata Jaada 10 Mat Pilates Jaada	6 Circuit Shan 8 TBC Jaada 9 Body & Bands Jaada 10 Cardio Burst Jaada	7:30 Circuit Abi 8:30 Circuit Abi 9:30 Stretch & Stability Abi
	Sunday 13-Sep	Monday 14-Sep	Tuesday 15-Sep	Wednesday 16-Sep	Thursday 17-Sep	Friday 18-Sep	Saturday 19-Sep
	8 Tabata Jaada 9 TBC Jaada 10 Body & Bands Jaada	6 Tabata Rhielle 9 Circuit Jaada 10 Mat Pilates Jaada 4 Yoga Meri	6 Circuit Rhielle 8 TBC Miranda 9 Cycle Miranda 10 Yoga Jaada	6 TBC Meri 9 Circuit Melanie 10 Body & Bands Melanie	6 Cycle Shan 8 TBC Miranda 10 Stretch & Stability Miranda 10 Cardio Burst Miranda	7:30 Circuit Kyra 8:30 Circuit Kyra 9:30 Yoga Kyra	
Please sign up by 5pm the day prior to attend the classes colored in blue. Class will not be held unless members have signed up the day prior.	Sunday 20-Sep	Monday 21-Sep	Tuesday 22-Sep	Wednesday 23-Sep	Thursday 24-Sep	Friday 25-Sep	Saturday 26-Sep
		8 TBC Jaada 9 Circuit Jaada 10 Mat Pilates	6 Circuit Miranda 9 Tabata Jaada 10 Total Barre Jaada 4 Yoga Meri	6 TBC Keri 8 TBC Miranda 9 Body & Bands Miranda 10 Yoga Jaada	6 Tabata Karen 7:30 Cycle Claire 9 TBC Jaada 10 Mat Pilates Jaada	6 TBC Shan 8 Circuit Jaada 9 Total Barre Jaada 10 Cardio Burst Jaada	7:30 Circuit Melanie 8:30 Circuit Melanie 9:30 Stretch & Stability Melanie
	Sunday 27-Sep	Monday 28-Sep	Tuesday 29-Sep	Wednesday 30-Sep	Thursday 1-Oct	Friday 2-Oct	Saturday 3-Oct
		8 Circuit Jaada 9 Cycle Jaada 10 Yoga Jaada	6 TBC Miranda 9 Kick Boxing Jaada 10 Mat Pilates Jaada 4 Body & Bands Meri	6 Tabata Keri 8 TBC Miranda 9 Stretch & Stability Miranda 10 Total Barre Jaada	6 Circuit Karen 7:30 TBC Claire 9 Tabata Jaada 10 Yoga Jaada	6 Cycle Shan 8 TBC Jaada 9 Body & Bands Jaada 10 Cardio Burst Jaada	7:30 Circuit Kyra 8:30 Circuit Kyra 9:30 Yoga Kyra