

SEPTEMBER FITNESS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	<p>01 1800 XTREME HIP HOP STEP 1800 VIRTUAL YOGA + MEDITATION 1900 STRONG NATION™</p>	<p>02 0600 VIRTUAL YOGA 1800 SPIN</p>	<p>03 1800 ZUMBA 1900 STRONG NATION™</p>	<p>04</p>	<p>05 1015 STRONG NATION™</p>
<p>07</p> 	<p>08 1800 XTREME HIP HOP STEP 1800 VIRTUAL YOGA + MEDITATION 1900 STRONG NATION™</p>	<p>09 0600 VIRTUAL YOGA 1800 SPIN</p>	<p>10 1800 ZUMBA 1900 STRONG NATION™</p>	<p>11</p>	<p>12 1015 STRONG NATION™</p>
<p>14 1800 SPIN</p>	<p>15 1800 XTREME HIP HOP STEP 1800 VIRTUAL YOGA + MEDITATION 1900 STRONG NATION™</p>	<p>16 0600 VIRTUAL YOGA 1800 SPIN</p>	<p>17 1800 ZUMBA 1900 STRONG NATION™</p>	<p>18</p>	<p>19 1015 STRONG NATION™</p>
<p>21 1800 SPIN</p>	<p>22 1800 XTREME HIP HOP STEP 1800 VIRTUAL YOGA + MEDITATION 1900 STRONG NATION™</p>	<p>23 0600 VIRTUAL YOGA 1800 SPIN</p>	<p>24 1800 ZUMBA 1900 STRONG NATION™</p>	<p>25</p>	<p>26 1015 STRONG NATION™</p>
<p>28 1800 SPIN</p>	<p>29 1800 XTREME HIP HOP STEP 1800 VIRTUAL YOGA + MEDITATION 1900 STRONG NATION™</p>	<p>30 0600 VIRTUAL YOGA 1800 SPIN</p>			

NOTE: Fitness classes will be provided in the Fitness Center with the exception of the **highlighted classes**, which are virtual classes from the comfort of your own home.
Sign up for virtual fitness classes: <http://mizanifitness.com/mafb>