

september schedule

VIRTUAL september 2020

blessed to be able!

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Bootcamps live using Zoom!

Step 151 live using Facebook Live

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5pm// Spin Mixology 6pm// Tabata Tuesday	2 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 FB Live	3 11am// Bootcamp on the Rocks 5pm// Spin Mixology 6pm// Bootcamp on the Rocks	4 10am// Bootcamp on the Rocks	5 8am// Bootcamp on the Rocks 9:15am// Step 151 FB Live
6 8:30am// Bootcamp on the Rocks	7 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 FB Live	8 5pm// Spin Mixology 6pm// Tabata Tuesday	9 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 FB Live	10 11am// Bootcamp on the Rocks 5pm// Spin Mixology 6pm// Bootcamp on the Rocks	11 10am// Bootcamp on the Rocks	12 8am// Bootcamp on the Rocks 9:15am// Step 151 FB Live
13 8:30am// Bootcamp on the Rocks	14 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 FB Live	15 5pm// Spin Mixology 6pm// Tabata Tuesday	16 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 FB Live	17 11am// Bootcamp on the Rocks 5pm// Spin Mixology 6pm// Bootcamp on the Rocks	18 10am// Bootcamp on the Rocks	19 8am// Bootcamp on the Rocks 9:15am// Step 151 FB Live TACO TRUCK (12-2)
20 8:30am// Bootcamp on the Rocks	21 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 FB Live	22 5pm// Spin Mixology 6pm// Tabata Tuesday	23 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 FB Live	24 11am// Bootcamp on the Rocks 5pm// Spin Mixology 6pm// Bootcamp on the Rocks	25 10am// Bootcamp on the Rocks	26 8am// Bootcamp on the Rocks 9:15am// Step 151 FB Live
27 8:30am// Bootcamp on the Rocks	28 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 FB Live	29 5pm// Spin Mixology 6pm// Tabata Tuesday	30 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 FB Live			