

september schedule

blessed to be able!

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Bootcamps live using Zoom!

Step 151 live using Facebook Live

september 2022 (LIVE & VIRTUAL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	2 10am// Bootcamp on the Rocks	3 8am// Bootcamp on the Rocks 9:15am// Step 151
4 NO CLASSES- ROCK'N'ROLL HALF MARATHON	5 LABOR DAY 10am// Bootcamp on the Rocks 11am// Step 151	6 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	7 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	8 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	9 10am// Bootcamp on the Rocks	10 8am// Bootcamp on the Rocks 9:15am// Step 151
11 9am// Bootcamp on the Rocks	12 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	13 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	14 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	15 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	16 10am// Bootcamp on the Rocks	17 8am// Bootcamp on the Rocks 9:15am// Step 151
18 9am// Bootcamp on the Rocks	19 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	20 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	21 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	22 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	23 10am// Bootcamp on the Rocks	24 8am// Bootcamp on the Rocks 9:15am// Step 151
25 9am// Bootcamp on the Rocks	26 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	27 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	28 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	29 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	30 10am// Bootcamp on the Rocks	