

September 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
	LABOR DAY 7am - 6pm					
10	11	12	13	14	15	16
					10:00AM -11:00AM BS- I	
17	18	19	20	21	22	23
	5:15AM BT- S 9:00-10:00 HA- I 6:30PM BS- S	5:15AM JB - RD Spin Stretch 8:30AM SD-SPINLATES	5:15AM BS- I 9:00-10:00 FV- S/I 6:30PM BD - S	5:15AM DC - I 6:30PM ED - S	5:15AM ED- S 9:15-10:30 BD- I 4:15PM AW- I 70's Climb	10:00AM -11:00AM AW- I
10:30AM -11:30AM DC-I						
24	25	26	27	28	29	30
	5:15AM BT- I 9:00-10:00 HA- IS 6:30PM BS- S	5:15AM JB - I Spin Stretch 8:30AM SD-SPINLATES	5:15AM BS- I 9:00-10:00 FV- RD 6:30PM BD - S/I	5:15AM DC - S 6:30PM MF/BF - I	5:15AM BS - I 9:15-10:30 BD- S 4:15PM AW- S	10:00AM -11:00AM AW- I
10:30AM -11:30AM MF/BF-I						
Reservation may be required Call (281) 497-7570	ED - Erin Danielson AW-Allison Whisler BT-Bill Thomas	BD-Betsy Dodson BS-Becky Stevens AJ-Alice Jones	JB-Jeff Biehl DC-Debbie Cannella FV-Felipe Veracochea	CC-Charlotte Crawford SD-Sue Donahoe HA-Heather Attaway	JO- Osbon JJ-Jennifer Jeray	BF/MF- Bill/Michele Foss fitness@fitmac.com or (281) 497-7570