



# September 2019 Social Hall Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Open	2 7am-3pm Open 	3 6pm-7pm Boot Camp 7pm - 8pm TABATA	4 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	5 6pm-7pm Boot Camp 7pm - 8pm TABATA	6 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	7 12pm - 1pm Adult Martial Arts 1pm - 2pm Youth Martial Arts
8 Open	9 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	10 6pm-7pm Boot Camp 7pm - 8pm TABATA	11 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	12 6pm-7pm Boot Camp 7pm - 8pm TABATA	13 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	14 12pm - 1pm Adult Martial Arts 1pm - 2pm Youth Martial Arts
15 Open	16 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	17 6pm-7pm Boot Camp 7pm - 8pm TABATA	18 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	19 6pm-7pm Boot Camp 7pm - 8pm TABATA	20 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	21 12pm - 1pm Adult Martial Arts 1pm - 2pm Youth Martial Arts
22 Open	23 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	24 6pm-7pm Boot Camp 7pm - 8pm TABATA	25 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	26 6pm-7pm Boot Camp 7pm - 8pm TABATA	27 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	28 12pm - 1pm Adult Martial Arts 1pm - 2pm Youth Martial Arts
29 Open	30 8:30am-9:15am SilverSneakers 9:30am-10:15am Group Strength 6:15pm -7pm Group Strength MA Adults 7pm-8pm	<p><b>Times not designated are for “Open Use” However, the schedule could change without prior notice</b></p>				