

# September

2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>FFLM CLOSED</b>	3 <b>CLOSED DORIAN</b>	4 <b>CLOSED DORIAN</b>	5 CSI 8:30 TBF 10:00 SR 11:00	6 2 TBF 8:30 ICE 9:45 TBF 10:45	7
8 4	9 TBF 8:30 ICE 9:45 TBF 10:45	10 CSI 8:30 TBF 10:00 SR 11:00	11 CC 8:30 STRETCH 9:30 CC 10:45	12 CSI 8:30 TBF 10:00 SR 11:00	13 27 TBF 8:30 ICE 9:45 TBF 10:45	14
15	16 TBF 8:30 ICE 9:45 TBF 10:45	17 CSI 8:30 TBF 10:00 SR 11:00	18 CC 8:30 STRETCH 9:30 CC 10:45	19 CSI 8:30 TBF 10:00 SR 11:00	20 TBF 8:30 ICE 9:45 TBF 10:45	21
22	23 TBF 8:30 ICE 9:45 TBF 10:45	24 CSI 8:30 TBF 10:00 SR 11:00	25 CC 8:30 STRETCH 9:30 CC 10:45	26 CSI 8:30 TBF 10:00 SR 11:00	27 TBF 8:30 ICE 9:45 TBF 10:45	28
29	30 TBF 8:30 ICE 9:45 TBF 10:45					

**TBF (Total Body Fit)**      **ICE (Interval Cardio Express)**      **CSI (Cardio Strength Interval)**  
**CC (Cardio Circuit)**                      **Stretch**                      **SR (Stretch and Restore)**