

September Weekend Rotations

Instructors Subject to Change

Date	Day	Class	Time	Instructor
4-Sep	Sat.	Rise-n-Grind	8:00am	Kristi
4-Sep	Sat.	Yoga Mix	9:00am	Tonja
11-Sep	Sat.	Rise-n-Grind	8:00am	Sara J.
11-Sep	Sat.	Yoga Mix	9:00am	Angela-Hatha Yoga
18-Sep	Sat.	Rise-n-Grind	8:00am	NO CLASS-Nickle Dickle Days
18-Sep	Sat.	Yoga Mix	9:00am	NO CLASS-Nickle Dickle Days
25-Sep	Sat.	Rise-n-Grind	8:00am	Tonja
25-Sep	Sat.	Yoga Mix	9:00am	Tonja

