


Fitness Center Classes - September 2010

Classes FREE. Schedule subject to change. Want to know more? Call (612) 713-1496.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Hours of Operation</p> <p>Mon - Thurs 5:30am - 7:00pm</p> <p>Fri. 5:30am - 6:00pm</p> <p>Sat 9am - 4:30pm</p> <p>Sun Closed</p>		<p>1</p> <p>1030 Core 1140 Spin 1600 Yoga</p>	<p>2</p>	<p>3</p> <p>Closed - 1200</p>	<p>4</p> <p>Closed</p>	
<p>5</p> <p>Closed</p>	<p>6</p> <p>Closed - Labor Day</p>	<p>7</p>	<p>8</p> <p>1030 Core 1140 Spin 1600 Yoga</p>	<p>9</p> <p>1030 Yoga</p>	<p>10</p>	<p>11</p> <p>0915 Spinning</p>
<p>12</p> <p>Closed</p>	<p>13</p> <p>0915 Gentle/Seated Yoga 1030 Spinning</p>	<p>14</p> <p>0600 Spinning 1100 Circuit (gym)</p>	<p>15</p> <p>1030 Core 1140 Spin 1600 Yoga</p>	<p>16</p> <p>1030 Yoga</p>	<p>17</p>	<p>18</p> <p>0915 Spinning</p>
<p>19</p> <p>Closed</p>	<p>20</p> <p>0915 Gentle/Seated Yoga 1030 Spinning</p>	<p>21</p> <p>0600 Spinning 1100 Circuit (gym)</p>	<p>22</p> <p>1030 Core 1140 Spin 1600 Yoga</p>	<p>23</p> <p>1030 Yoga 1500 Kettlebells</p>	<p>24</p>	<p>25</p> <p>0915 Spinning</p>
<p>26</p> <p>Closed</p>	<p>27</p> <p>0915 Gentle/Seated Yoga 1030 Spinning</p>	<p>28</p> <p>0600 Spinning 1100 Circuit (gym)</p>	<p>29</p> <p>1030 Core 1140 Spin 1600 Yoga</p>	<p>30</p> <p>1030 Yoga 1500 Kettlebells</p>	