

Patch Fitness Center



September 2021

Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 0900 Zumba w/ Roni 1130 Yoga/ Bobbi	2 0945 Tabata w/ Roni 1130 Yoga w/ Bobbi 1700 Zumba w/ Roni	3 0900 Zumba w/ Roni 1600 Spin w/ Silvia	4
6 Labor Day No Classes	7 0600 Spin w/ Lynn 0945 Tabata w/ Roni 1130 Vinyasa Yoga w/ Robin	8 0900 Zumba w/ Roni 1130 Yoga/ Bobbi	9 0945 Tabata w/ Roni 1130 Yoga w/ Bobbi 1700 Zumba w/ Roni	10 0900 Zumba w/ Roni 1600 Spin w/Silvia	11 Run to Remember Half Marathon & 5K Panzer
13 0900 Zumba w/ Roni	14 0600 Spin w/ Lynn 0945 Tabata w/ Roni 1130 Vinyasa Yoga w/ Robin	15 0900 Zumba w/ Roni 1130 Yoga/ Bobbi	16 0945 Tabata w/ Roni 1130 Bheemashakti Yoga w/ Robin 1700 Zumba w/Roni	17 0900 Zumba w/ Roni 1600 Spin w/Silvia	18 Sunday 19 Sep 0900 Spin w/ Lynn
20 0900 Zumba w/ Roni	21 0945 Tabata w/ Roni 1130 Vinyasa Yoga w/ Robin	22 0900 Zumba w/ Roni 1130 Yoga/ Bobbi	23 0945 Tabata w/ Roni 1130 Bheemashakti Yoga w/ Robin 1700 Zumba w/ Roni	24 0900 Zumba w/ Roni 1600 Spin w/Silvia	25
27 0900 Zumba w/ Roni	28 0945 Tabata w/ Roni 1130 Vinyasa Yoga w/ Robin	29 0900 Zumba w/ Roni 1130 Yoga/ Bobbi	30 0945 Tabata w/ Roni 1130 Bheemashakti Yoga w/ Robin 1700 Zumba w/ Roni		Group Fitness Classes \$5/class or \$45 for ten coupons