

# September

Mon	Tue	Wed	Thur	Fri	Sat
<b>28</b> Cardio & Abs	<b>29</b> Lower Body Strength	<b>30</b> Upper Body Pull	<b>31</b> Upper Body Push	<b>1</b> Body Weight Legs	<b>2</b> Bootcamp 8am, 9am, 10am
<b>4</b> LABOR DAY WORKOUT	<b>5</b> Cardio Core	<b>6</b> Chest, Back & Intervals	<b>7</b> Shoulders & Legs	<b>8</b> Arms & Abs	<b>9</b> Bootcamp 8am, 9am, 10am
<b>11</b> Upper Body Blaster  <small>Yoga: 5:40 PM &amp; 6:40 PM</small>	<b>12</b> Lower Body Blaster	<b>13</b> Abs & Intervals	<b>14</b> Power & Plyos	<b>15</b> Total Body Blaster	<b>16</b> Bootcamp 8am, 9am, 10am
<b>18</b> Legs & Cardio  <small>Yoga: 5:40 PM &amp; 6:40 PM</small>	<b>19</b> Upper Body Push	<b>20</b> Upper Body Pull	<b>21</b> Balance, Speed & Core	<b>22</b> Leg Strength	<b>23</b> Bootcamp 8am, 9am, 10am
<b>25</b> Total Body Strength  <small>Yoga: 5:40 PM &amp; 6:40 PM</small>	<b>26</b> Total Body Power	<b>27</b> Abs & Agility	<b>28</b> Total Body Pull	<b>29</b> Total Body Push	<b>30</b> Bootcamp 8am, 9am, 10am