

September

Mon	Tue	Wed	Thur	Fri	Sat
26 Legs & Cardio Weekly Weight Watch Yoga: 5:40 PM & 6:40 PM	28 Upper Body Push & Intervals	29 Upper Body Pull & Core	30 Agility & Abs	1 Lower Body Strength	2 Upper Body Endurance
3 Labor Day Bootcamp 9-11 AM	4 CV Endurance & Core	5 Lower Body Strength	6 Upper Body Strength	7 AB Strength & Intervals	8 Total Body Power
10 Upper Body Lifts & Intervals Weekly Weight Watch Yoga: 5:40 PM & 6:40 PM	11 Legs & Core	12 Abs & Cardio	13 Upper Body Push	14 Upper Body Pull	15 Lower Body Endurance
17 Total Body Push Endurance Weekly Weight Watch Yoga: 5:40 PM & 6:40 PM	18 Total Body Pull Endurance	19 Balance, Core & Cardio	20 Total Body Push Strength	21 Total Body Pull Strength	22 Power & Plyos
24 Upper Body	25 Lower Body	26 CV Power	27 Abs & Core	28 Total Body	29 Bootcamp