

September Fitness Schedule

SOLE Fitness (formerly Artistic Sole Dance) - www.artisticsoledance.com/fitness

612.749.0336 | 612.369.1214

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p style="color: red; text-align: center;">We reserve the right to CANCEL all classes not meeting at least 6 participants. Contact us if you have any questions!</p>						<p>1 TRIFECTA (Zumba, Strength & Yoga Flow) 8:30am Min. 8 Required</p>
2	<p>3 STUDIO CLOSED Happy Labor Day! </p>	<p>4 BACK 2 SCHOOL </p>	<p>5 Nicole & Trish Present.. Bands, Bags & More 6:30pm</p>	<p>6 Glow-in-Dark ZUMBA 7:30pm</p>	7	<p>8 ZUMBA MASH-UP 9:00am (60 minutes)</p>
9	<p>10 ZUMBA 7:30pm (60 minutes)</p>	<p>11 Cardio Drumming @ TNT - 7:00pm \$10.00</p>	12	<p>13 ZUMBA MASH-UP 7:30pm (60 minutes)</p>	14	<p>15 ZUMBA - 9:00am (60 minutes) <i>Cardio Drumming—TNT</i></p>
<p>16 FREE WEEK</p>	<p>17 Guts & Butts 7pm ZUMBA 7:30pm (45 min)</p>	<p>18 Bands, Bags & More 6:15pm Turbo Kick 7pm Step Sculpt 7:30pm</p>	<p>19 Hard Bodies 6:30pm Stryke 7:00pm</p>	<p>20 Turbo Kick 7pm ZUMBA 7:30pm Piyo 8pm</p>	21	<p>22 Guts & Butts 8:30am Zumba 9:00am Stryke 9:30am Yoga Flow 10am</p>
<p>All classes this week, unless noted are just 30 minutes</p>						
23	<p>24 ZUMBA 7:30pm (60 minutes)</p>	<p>25 Cardio Drumming @ TNT - 7:00pm \$10.00</p>	26	<p>27 ZUMBA 7:30pm (60 minutes)</p>	28	<p>29 2 FOR 1 Boot Camp 8:30 Zumba 9am (75 minutes total)</p>
<p>30 Full Body Sculpt 5:00pm (45 minutes)</p>	<p style="text-align: center;">REGISTRATION IS DUE 24 HOURS IN ADVANCE - CLICK HERE TO REGISTER</p> <p style="text-align: center;">NEW MEMBERS: Please contact us at ArtisticSoleDA@gmail.com if you wish to fill out a Waiver Form in advance. Thank You!!</p>					