

september 2021 (LIVE & VIRTUAL)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------------------|------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
| | | | 1 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 | 2 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks | 3 10am// Bootcamp on the Rocks | 4 8am// Bootcamp on the Rocks 9:15am// Step 151 |
| 5 9am// Bootcamp on the Rocks | 6 LABOR DAY 10am// Bootcamp on the Rocks 11am// Step 151 | 7 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday | 8 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 | 9 10am// Bootcamp on the Rocks 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks | 10 10am// Bootcamp on the Rocks | 11 8am// Bootcamp on the Rocks 9:15am// Step 151 |
| 12 9am// Bootcamp on the Rocks | 13 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 | 14 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday | 15 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 | 16 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks | 17 10am// Bootcamp on the Rocks | 18 8am// Bootcamp on the Rocks 9:15am// Step 151 TACO TRUCK & MARGARITAS (12-2) |
| 19 9am// Bootcamp on the Rocks | 20 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 | 21 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday | 22 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 | 23 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks | 24 10am// Bootcamp on the Rocks | 25 8am// Bootcamp on the Rocks 9:15am// Step 151 |
| 26 9am// Bootcamp on the Rocks | 27 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 | 28 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday | 29 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151 | 30 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks | | |