



SCHEDULE

SEPTEMBER 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Massage Therapy by appointment as noted

Christian Trigueros, CMT and Billy Martinez, CMT

Personal training available by appointment

Jacob Brink, BS

1
11:30am-12pm Upper Body
2-2:30pm Leg Strength
5-6pm Bootcamp

2
8am -12pm **Massage available** by appointment
11:30am-12pm Strength/Mobility

3

5
CLOSED

6
11:30am-12pm Leg Strength
2-2:30pm Upper Body
5-6pm Bootcamp

7
9am-6pm **Massage available** by appointment
11:30am-12pm Balance/Strength
4-4:30pm Back Class

8
11:30am-12pm Upper Body
2-2:30pm Leg Strength
5-6pm Bootcamp

9
8am -12pm **Massage available** by appointment
11:30am-12pm Strength/Mobility

10

12
9am-6pm **Massage available** by appointment
11:30am-12pm Back Class
4-4:30pm Balance/Strength

13
11:30am-12pm Leg Strength
2-2:30pm Upper Body
5-6pm Bootcamp

14
9am-6pm **Massage available** by appointment
11:30am-12pm Balance/Strength
4-4:30pm Back Class

15
11:30am-12pm Upper Body
2-2:30pm Leg Strength
5-6pm Bootcamp

16
8am -12pm **Massage available** by appointment
11:30am-12pm Strength/Mobility

17

19
9am-6pm **Massage available** by appointment
11:30am-12pm Back Class
4-4:30pm Balance/Strength

20
11:30am-12pm Leg Strength
2-2:30pm Upper Body
5-6pm Bootcamp

21
9am-6pm **Massage available** by appointment
11:30am-12pm Balance/Strength
4-4:30pm Back Class

22
11:30am-12pm Upper Body
2-2:30pm Leg Strength
5-6pm Bootcamp

23
8am -12pm **Massage available** by appointment
11:30am-12pm Strength/Mobility

24

26
9am-6pm **Massage available** by appointment
11:30am-12pm Back Class
4-4:30pm Balance/Strength

27
11:30am-12pm Leg Strength
2-2:30pm Upper Body
5-6pm Bootcamp

28
9am-6pm **Massage available** by appointment
11:30am-12pm Balance/Strength
4-4:30pm Back Class

29
11:30am-12pm Upper Body
2-2:30pm Leg Strength

30
8am -12pm **Massage available** by appointment
11:30am-12pm Strength/Mobility