

## September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	
	<b>12p Springboard - In Studio</b> <b>12p Springboard - Virtual</b> <b>5:30p Pilates Intermediate II - Virtual</b>	<b>12:30p Pilates Intermediate I - In Studio</b> <b>12:30p Pilates Intermediate I - In Studio</b>	<b>8:30a Springboard - In Studio</b> <b>8:30a Springboard - Virtual</b> <b>12p Dynamic Stretch - In Studio</b> <b>12p Dynamic Stretch - In Studio</b>	<b>8:25a Pilates Apparatus-based - Virtual</b> <b>12:15p Postural Reset - Virtual</b> <b>4:30p Springboard - In Studio</b>		
5	6	7	8	9	10	
			Fall Break			
12	13	14	15	16	17	
	<b>11:30a Springboard - In Studio</b> <b>11:30a Springboard - Virtual</b> <b>12:45p Pilates Apparatus-based - Virtual</b> <b>12:45p Pilates Apparatus-based - Recorded</b> <b>5:30p Pilates Intermediate II - Virtual</b> <b>5:30p Pilates Intermediate II - In Studio</b>	<b>12:30p Pilates Intermediate I - In Studio</b> <b>12:30p Pilates Intermediate I - Virtual</b> <b>12:30p Pilates Intermediate I - Recorded</b>	<b>8:30a Springboard - In Studio</b> <b>8:30a Springboard - Virtual</b> <b>12p Dynamic Stretch - In Studio</b> <b>12p Dynamic Stretch - Recorded</b> <b>12p Dynamic Stretch - Virtual</b> <b>5:30p Pilates Intermediate III - In Studio</b> <b>5:30p Pilates Intermediate III - Virtual</b> <b>5:30p Pilates Intermediate III - Recorded</b>	<b>12:15p Postural Reset - Virtual</b> <b>12:15p Postural Rest - In Studio</b> <b>12:15p Postural Reset - Recorded</b> <b>4:30p Systems - In Studio</b>		
19	20	21	22	23	24	
	<b>11:30a Springboard - In Studio</b> <b>11:30a Springboard - Virtual</b> <b>12:45p Pilates Apparatus-based - Virtual</b> <b>12:45p Pilates Apparatus-based - Recorded</b> <b>5:30p Pilates Intermediate II - Virtual</b> <b>5:30p Pilates Intermediate II - In Studio</b>	<b>12:30p Pilates Intermediate I - In Studio</b> <b>12:30p Pilates Intermediate I - Virtual</b> <b>12:30p Pilates Intermediate I - Recorded</b>	<b>8:30a Springboard - In Studio</b> <b>8:30a Springboard - Virtual</b> <b>12p Dynamic Stretch - In Studio</b> <b>12p Dynamic Stretch - Recorded</b> <b>12p Dynamic Stretch - Virtual</b> <b>5:30p Pilates Intermediate III - Virtual</b> <b>5:30p Pilates Intermediate III - Recorded</b>	<b>12:15p Postural Reset - Virtual</b> <b>12:15p Postural Rest - In Studio</b> <b>12:15p Postural Reset - Recorded</b> <b>4:30p Systems - In Studio</b>		
26	27	28	29	30	1	
	<b>11:30a Springboard - In Studio</b> <b>11:30a Springboard - Virtual</b> <b>12:45p Pilates Apparatus-based - Virtual</b> <b>12:45p Pilates Apparatus-based - Recorded</b> <b>5:30p Pilates Intermediate II - Virtual</b> <b>5:30p Pilates Intermediate II - In Studio</b>	<b>12:30p Pilates Intermediate I - In Studio</b> <b>12:30p Pilates Intermediate I - Virtual</b> <b>12:30p Pilates Intermediate I - Recorded</b>	<b>8:30a Springboard - In Studio</b> <b>8:30a Springboard - Virtual</b> <b>12p Dynamic Stretch - In Studio</b> <b>12p Dynamic Stretch - Recorded</b> <b>12p Dynamic Stretch - Virtual</b> <b>5:30p Pilates Intermediate III - Virtual</b> <b>5:30p Pilates Intermediate III - Recorded</b>	<b>12:15p Postural Reset - Virtual</b> <b>12:15p Postural Rest - In Studio</b> <b>12:15p Postural Reset - Recorded</b> <b>4:30p Systems - In Studio</b>		