


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			¹ 6AM Spinning: SaraBeth 5PM Bootcamp: Jade	² 12PM Spinning: Bill 6PM Spinning: Shannon 6 ³⁰ PM Jiu Jitsu: Kevin	³ 12PM Spinning: Connie	⁴ 8AM Spinning: Bill 9AM Beginner Spin: Bill
	<i>LFM is closed for Labor Day. We'll see you during our regular hours tomorrow!</i>	⁷ 12PM Spinning: Jade 5 ³⁰ PM Yoga for Every Body: Laura	⁸ 6AM Spinning: SaraBeth 5PM Bootcamp: Jade	⁹ 12PM Spinning: Bill 6PM Spinning: Jade *6 ³⁰ PM Jiu Jitsu: Kevin	¹⁰ 12PM Spinning: Shannon	¹¹ 8AM Spinning: Tanya 9AM Beginner Spin: Tanya
	¹³ 6AM Spinning: SaraBeth 12PM Spinning: Shannon NEW CLASS! 5PM HiiT IT: Phyllis 6PM Spinning: Connie	¹⁴ 12PM Spinning: Jade 5 ³⁰ PM Yoga for Every Body: Laura	¹⁵ 6AM Spinning: SaraBeth 5PM Bootcamp: Jade	¹⁶ 12PM Spinning: Jade	¹⁷ 12PM Spinning: Connie	¹⁸ 8AM Spinning: Bill 9AM Beginner Spin: Bill *10-12PM Yoga Workshop *1³⁰-3³⁰PM Yoga Workshop
¹⁹ *10-12PM Yoga Workshop	²⁰ 6AM Spinning: SaraBeth 12PM Spinning: Shannon 5PM HiiT IT: Phyllis 6PM Spinning: Connie	²¹ 12PM Spinning: Jade 5 ³⁰ PM Yoga for Every Body: Laura	²² 6AM Spinning: SaraBeth 5PM Bootcamp: Jade	²³ 12PM Spinning: Bill 6PM Spinning: Jade	²⁴ 12PM Spinning: Shannon	²⁵ 8AM Spinning: Bill 9AM Beginner Spin: Bill
	²⁷ 6AM Spinning: SaraBeth 12PM Spinning: Shannon 5PM Hit IT: Phyllis 6PM Spinning: Connie	²⁸ 12PM Spinning: Jade 5 ³⁰ PM Yoga for Every Body: Alex	²⁹ 6AM Spinning: SaraBeth 5PM Bootcamp: Jade	³⁰ 12PM Spinning: Bill 6PM Spinning: Shannon		