

Practice: September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 10a Matwork [Kitty]	2
3 7p Matwork [CANCELLED] HAPPY LABOR DAY!	4	5 7p Group Reformer [CANCELLED]	6 5p 30-Minute Jumpboard Class [Jenny] 530p Group Circuit w/ Equipment [Matt] 630p Group Reformer & Equipment [Matt]	7	8 10a Matwork [TBA]	9
10 7p Matwork [Anaka]	11	12 7p Group Reformer [Kitty]	13 5p 30-Minute Jumpboard Class [Jenny] 530p Group Circuit w/ Equipment [Matt] 630p Group Reformer & Equipment [Matt]	14	15 10a Matwork [Kitty]	16
17 7p Matwork [Anaka]	18	19 7p Group Reformer [Kitty]	20 5p 30-Minute Jumpboard Class [Jenny] 530p Group Circuit w/ Equipment [Matt] 630p Group Reformer & Equipment [Matt]	21	22 10a Matwork [Kitty]	23
24 7p Matwork [Anaka]	25	26 7p Group Reformer [Jenny]	27 5p 30-Minute Jumpboard Class [Jenny] 530p Group Circuit w/ Equipment [Matt] 630p Group Reformer & Equipment [Matt]	28	29 10a Matwork [Jamie]	30 CEC Workshops 9a-4p

EVENTS

PRACTICE FITNESS
5575 FAR HILLS AVE
DAYTON, OH 45429
937-432-9399 (STUDIO)
WWW.PRACTICE.FITNESS

CLASS CHANGES:

The 7p Matwork class on Monday, September 3,
is cancelled in celebration of Labor Day.

The 7p Group Reformer class on Wednesday,
September 5, is cancelled.