

SEPTEMBER 2026

WEEK 1

	31	1	2	3	4	5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	STEP COREO	ZUMBA	ZUMBA	ZUMBA	STEEL JUMP	
9:00 AM	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	
5:00 PM	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	STEP COREO 5:00-6:30PM	
6:00 PM	ZUMBA	ZUMBA	ZUMBA	ZUMBA		
7:00 PM	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING		

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WEEK 2

	7	8	9	10	11	12
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	STEP COREO. 8:00-9:30AM	ZUMBA	ZUMBA	ZUMBA		
9:00 AM	LABOR DAY	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING		
5:00 PM	STEP COREO. 5:00-6:30PM	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	CLASE ESPECIAL 5:00pm	
6:00 PM		ZUMBA	ZUMBA	ZUMBA		
7:00 PM	LABOR DAY	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING		

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WEEK 3

	14	15	16	17	18	19
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	STEP COREO	ZUMBA	ZUMBA	ZUMBA	STEEL COMBAT	STEP FUNCIONAL 8:00-8:30PM
9:00 AM	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	
5:00 PM	STEEL COMBAT 5:00-6:30PM	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	STEP COREO 5:00-6:30PM	
6:00 PM		ZUMBA	ZUMBA	ZUMBA		
7:00 PM		FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING		

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WEEK 4

	21	22	23	24	25	26
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	STEP COREO	ZUMBA	ZUMBA	ZUMBA	STEELTONIC	STEP FUNCIONAL 8:00-8:30PM
9:00 AM	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	
5:00 PM	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	STEP COREO 5:00-6:30PM	
6:00 PM	ZUMBA	ZUMBA	ZUMBA	ZUMBA		
7:00 PM	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING	FUNCIONAL TRAINING		