

SEPTEMBER 2026

NSF INDIAN HEAD GROUP FITNESS CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 H.I.I.T Class 11:30 AM-12:30 PM Core Workout 5:30-6:30 PM	3	4 Circuit Training 5:30-6:30 PM
7 Circuit Training 5:30-6:30 PM	8	9 H.I.I.T Class 11:30 AM-12:30 PM Core Workout 5:30-6:30 PM	10	11 Circuit Training 5:30-6:30 PM
14 Circuit Training 5:30-6:30 PM	15	16 H.I.I.T Class 11:30 AM-12:30 PM Core Workout 5:30-6:30 PM	17	18 Circuit Training 5:30-6:30 PM
21 Circuit Training 5:30-6:30 PM	22	23 H.I.I.T Class 11:30 AM-12:30 PM Core Workout 5:30-6:30 PM	24	25 Circuit Training 5:30-6:30 PM
26 Circuit Training 5:30-6:30 PM	27	28 H.I.I.T Class 11:30 AM-12:30 PM Core Workout 5:30-6:30 PM	29	30 Circuit Training 5:30-6:30 PM