

September 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 LABOR DAY No classes	2 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 4-4:45pm ● Rise & Flow 5-5:45pm ● Amplified 6-6:45pm	3 ● Rise & Flow 9-9:45am ● Fundamentals 10-10:45am ● Fundamentals 6-6:45pm	4 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 4-4:45pm ● Amplified 5-5:45pm	5 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am	6 ● Fundamentals 9:30-10:15am ● Amplified 10:30-11:15am
7 RISE CLOSED No programming	8 ● Fundamentals 9-9:45am ● Fundamentals 10-10:45am ● Fundamentals 5-5:45pm ● Fundamentals 6-6:45pm	9 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 4-4:45pm ● Rise & Flow 5-5:45pm ● Amplified 6-6:45pm	10 ● Rise & Flow 9-9:45am ● Fundamentals 10-10:45am ● Fundamentals 6-6:45pm	11 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 4-4:45pm ● Amplified 5-5:45pm	12 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am	13 ● Fundamentals 9:30-10:15am ● Amplified 10:30-11:15am
14 RISE CLOSED No programming	15 ● Fundamentals 9-9:45am ● Fundamentals 10-10:45am ● Fundamentals 5-5:45pm ● Fundamentals 6-6:45pm	16 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 3:30-4:15pm ● Rise & Flow 4:30-5:15pm ● Amplified 6-6:45pm	17 ● Rise & Flow 9-9:45am ● Fundamentals 10-10:45am ● Fundamentals 6-6:45pm	18 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 4-4:45pm ● Amplified 5-5:45pm	19 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am	20 ● Fundamentals 9:30-10:15am ● Amplified 10:30-11:15am
21 RISE CLOSED No programming	22 ● Fundamentals 9-9:45am ● Fundamentals 10-10:45am ● Fundamentals 5-5:45pm ● Fundamentals 6-6:45pm	23 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 3:30-4:15pm ● Rise & Flow 4:30-5:15pm ● Amplified 6-6:45pm	24 ● Rise & Flow 9-9:45am ● Fundamentals 10-10:45am ● Fundamentals 6-6:45pm	25 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 3:30-4:15pm ● Amplified 5-5:45pm	26 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am	27 ● Fundamentals 9:30-10:15am ● Amplified 10:30-11:15am ●
28 RISE CLOSED No programming	29 ● Fundamentals 9-9:45am ● Fundamentals 10-10:45am ● Fundamentals 5-5:45pm ● Fundamentals 6-6:45pm	30 ● Fundamentals 9-9:45am ● Rise & Flow 10-10:45am ● Fundamentals 3:30-4:15pm ● Rise & Flow 4:30-5:15pm ● Amplified 6-6:45pm				

● Special Programming is typically available from 1:00pm - 5:00 when classes are not scheduled. This time is available for our partner organizations, one-on-one training, and semi-private classes.