

SEPTEMBER 2026 • “PERSEVERANCE”



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
		- Fundamentals 9-9:45am - Rise & Flow 10-10:45am - Fundamentals 3:30-4:15pm - Rise & Flow 4:30-5:15pm - Amplified 6-6:45pm	- Rise & Flow 9-9:45am - Pillar 10-10:45am - Rise For Life 11-11:45am - Amplified 5-5:45pm - Fundamentals 6-6:45pm	- Fundamentals 9-9:45am - Pillar 10-10:45am - Fundamentals 4:00-4:45pm - Amplified 5-5:45pm	- Fundamentals 9-9:45am - Rise & Flow 10-10:45am - Fundamentals 11-11:45am	- Fundamentals 9:30-10:15am - Amplified 10:30-11:15a
6	7	8	9	10	11	12
RISE CLOSED No programming	- Fundamentals 9-9:45am - Fundamentals 10-10:45am  LABOR DAY <i>Morning classes only. All evening classes are cancelled.</i>	- Fundamentals 9-9:45am - Rise & Flow 10-10:45am - Fundamentals 3:30-4:15pm - Rise & Flow 4:30-5:15pm - Amplified 6-6:45pm	- Rise & Flow 9-9:45am - Pillar 10-10:45am - Rise For Life 11-11:45am - Amplified 5-5:45pm - Fundamentals 6-6:45pm	- Fundamentals 9-9:45am - Pillar 10-10:45am - Fundamentals 4:00-4:45pm - Amplified 5-5:45pm	- Fundamentals 9-9:45am - Rise & Flow 10-10:45am - Fundamentals 11-11:45am	- Fundamentals 9:30-10:15am - Amplified 10:30-11:15a
13	14	15	16	17	18	19
RISE CLOSED No programming	- Fundamentals 9-9:45am - Fundamentals 10-10:45am - Rise For Life 11-11:45am - Fundamentals 4:00-4:45pm - Fundamentals 5-5:45pm - Fundamentals 6-6:45pm	- Fundamentals 9-9:45am - Rise & Flow 10-10:45am - Fundamentals 3:30-4:15pm - Rise & Flow 4:30-5:15pm - Amplified 6-6:45pm	- Rise & Flow 9-9:45am - Pillar 10-10:45am - Rise For Life 11-11:45am - Amplified 5-5:45pm - Fundamentals 6-6:45pm	- Fundamentals 9-9:45am - Pillar 10-10:45am - Fundamentals 4:00-4:45pm - Amplified 5-5:45pm	- Fundamentals 9-9:45am - Rise & Flow 10-10:45am - Fundamentals 11-11:45am  BINGO NIGHT <i>6:30-8:00pm</i>	- Fundamentals 9:30-10:15am - Amplified 10:30-11:15am
20	21	22	23	24	25	26
RISE CLOSED No programming	- Fundamentals 9-9:45am - Fundamentals 10-10:45am - Rise For Life 11-11:45am - Fundamentals 4:00-4:45pm - Fundamentals 5-5:45pm - Fundamentals 6-6:45pm	- Fundamentals 9-9:45am - Rise & Flow 10-10:45am - Fundamentals 3:30-4:15pm - Rise & Flow 4:30-5:15pm - Amplified 6-6:45pm	- Rise & Flow 9-9:45am - Pillar 10-10:45am - Rise For Life 11-11:45am - Amplified 5-5:45pm - Fundamentals 6-6:45pm	- Fundamentals 9-9:45am - Pillar 10-10:45am - Fundamentals 4:00-4:45pm - Amplified 5-5:45pm	- Fundamentals 9-9:45am - Rise & Flow 10-10:45am - Fundamentals 11-11:45am	- Fundamentals 9:30-10:15am - Amplified 10:30-11:15am
27	28	29	30	To download a copy of this schedule, scan the QR code to the right. 		
RISE CLOSED No programming	- Fundamentals 9-9:45am - Fundamentals 10-10:45am - Rise For Life 11-11:45am - Fundamentals 4:00-4:45pm - Fundamentals 5-5:45pm - Fundamentals 6-6:45pm	- Fundamentals 9-9:45am - Rise & Flow 10-10:45am - Fundamentals 3:30-4:15pm - Rise & Flow 4:30-5:15pm - Amplified 6-6:45pm	- Rise & Flow 9-9:45am - Pillar 10-10:45am - Rise For Life 11-11:45am - Amplified 5-5:45pm - Fundamentals 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.