

# THE RITTENHOUSE

SPA & CLUB - HAIR BY PAUL LABRECQUE

## September Small Group Training

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<b>1</b>	<b>2</b> 9:00am (60min) Barre Core-Harlan 11:30am(60min) Water Fitness-Harlan	<b>3</b> 7:00am(60min) Circuits-Marie 8:00am(60min) Alignment Yoga-Jessica 11:30am(60min) Water Fitness-Harlan	<b>4</b> 8:00am(60min) Core Sculpt-Jane 9:00am(60min) Focus on Flexibility-Harlan	<b>5</b> 7:00am(60min) Cross Circuits-Robin 8:00am(60min) Alignment Yoga-Jessica	<b>6</b> 7:00am(60min) 15/15/15/15-Marie	<b>7</b> 9:00am(60min) Stretch Yoga-Rachel T.
<b>8</b> 10:00am(60min) Restore Yoga-Rachel T.	<b>9</b> 8:00am(60min) 15/15/15/15-Marie	<b>10</b> 7:00am(60min) Circuits-Marie 8:00am(60min) Alignment Yoga-Jessica 11:30am(60min) Water Fitness-Jane	<b>11</b> 8:00am(60min) Core Sculpt-Jane	<b>12</b> 7:00am(60min) Cross Circuits-Robin 8:00am(60min) Alignment Yoga-Jessica	<b>13</b> 7:00am(60min) 15/15/15/15-Marie 11:30am(60min) Water Fitness-Jane	<b>14</b> 9:00am(60min) Stretch Yoga-Rachel T.
<b>15</b> 10:00am(60min) Restore Yoga-Rachel T.	<b>16</b> 8:00am(60min) 15/15/15/15-Marie	<b>17</b> 7:00am(60min) Circuits-Marie 8:00am(60min) Alignment Yoga-Jessica	<b>18</b> 8:00am(60min) Core Sculpt-Jane	<b>19</b> 7:00am(60min) Cross Circuits-Robin	<b>20</b> 7:00am(60min) 15/15/15/15-Marie 11:30am(60min) Water Fitness-Harlan	<b>21</b> 9:00am(60min) Stretch Yoga-Rachel T.
<b>22</b> 10:00am(60min) Restore Yoga-Rachel T.	<b>23</b> 8:00am(60min) 15/15/15/15-Marie 9:00am (60min) Barre Core-Harlan 11:30am(60min) Water Fitness-Harlan	<b>24</b> 7:00am(60min) Circuits-Marie 8:00am(60min) Alignment Yoga-Jessica 11:30am(60min) Water Fitness-Harlan	<b>25</b> 8:00am(60min) Core Sculpt-Jane 9:00am(60min) Focus on Flexibility-Harlan	<b>26</b> 7:00am(60min) Cross Circuits-Robin 8:00am(60min) Alignment Yoga-Jessica 10:00 am(60min) Water Fitness-Harlan	<b>27</b> 7:00am(60min) 15/15/15/15-Marie 9:00am (60min) Barre Core-Harlan 11:30am(60min) Water Fitness-Harlan	<b>28</b> 9:00am(60min) Stretch Yoga-Rachel T.
<b>29</b> 10:00am(60min) Restore Yoga-Rachel T.	<b>30</b> 8:00am(60min) 15/15/15/15-Marie 9:00am (60min) Barre Core-Harlan 11:30am(60min) Water Fitness-Harlan					