

# SEPTEMBER 2020

## EXERCISE PROGRAMS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 915– Sit Down & Tone Up (WEST) 915– Easy Fit (EAST)	<b>2</b> 915– Easy Fit (EAST)	<b>3</b> 915– Sit Down & Tone Up (EAST)	<b>4</b> 915– Sit Down & Tone Up (WEST) 915– Easy Fit (EAST)	<b>5</b>
<b>6</b>	<b>7</b> <b>LABOUR DAY</b>	<b>8</b> 915– Sit Down & Tone Up (WEST) 915– Easy Fit (EAST)	<b>9</b> 915– Easy Fit (EAST)	<b>10</b> 915– Sit Down & Tone Up (EAST)	<b>11</b> 915– Sit Down & Tone Up (WEST) 915– Easy Fit (EAST)	<b>12</b> 915– Easy Fit (EAST)
<b>13</b> 915– Easy Fit (WEST)	<b>14</b> 915– Sit Down & Tone Up (EAST)	<b>15</b> 915– Sit Down & Tone Up (WEST) 915– Easy Fit (EAST)	<b>16</b> 915– Easy Fit (EAST)	<b>17</b> 915– Sit Down & Tone Up (EAST)	<b>18</b> 915– Sit Down & Tone Up (WEST) 915– Easy Fit (EAST)	<b>19</b>
<b>20</b>	<b>21</b> 915– Sit Down & Tone Up (EAST)	<b>22</b> 915– Sit Down & Tone Up (WEST) 915– Easy Fit (EAST)	<b>23</b> 915– Easy Fit (EAST)	<b>24</b> 915– Sit Down & Tone Up (EAST)	<b>25</b> 915– Sit Down & Tone Up (WEST) 915– Easy Fit (EAST)	<b>26</b> 915– Easy Fit (EAST)
<b>27</b> 915– Easy Fit (WEST)	<b>28</b> 915– Sit Down & Tone Up (EAST)	<b>29</b> 915– Sit Down & Tone Up (WEST) 915– Easy Fit (EAST)	<b>30</b> 915– Easy Fit (EAST)			