

**September 2017**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>JOIN "REMIND"</b> <b>FOR UP TO DATE</b> <b>INFO TEXT 81010</b> <b>MESSAGE: @nhfi</b>	<b>Follow us on</b> <b>Twitter</b> <b>@fitness_heights</b>	<b>Our new website</b> <a href="https://pehelp911.wix">https://pehelp911.wix</a>	<a href="http://site.com/newheights">site.com/newheights</a>		<b>1</b> 8:45AM Cycle/Tabata *MAL	<b>2</b> 8:30AM Cycle Mal 9:00AM Bootcamp Mal
<b>3</b> 9:00AM Rip & Ride Mal  10:20AM TRX INTERVAL MAL	<b>4</b> 9:00 AM P.Pilates J  Happy Labor Day	<b>5</b> 9:00AM Weight Train M  5:30 PM Cycle/Sculpt M 6:30 PM Cycle/Train M	<b>6</b> 7:45AM Cycle Mix Circuit M  6:00PM Full Body Workout Mindy	<b>7</b> 6:00AM Cycle/Sculpt MI  6:15PM Cardio Drumming -Mal	<b>8</b> 8:45AM Cycle/Tabata M	<b>9</b> 8:30AM Cycle Mal 9:00AM Bootcamp Mal
<b>10</b> 9:00AM Rip & Ride Mal  10:20AM TRX INTERVAL MAL	<b>11</b> 9:00 AM P.Pilates J 5:00 PM P.Pilates J 6:10 PM Beg.Yoga S 7:15 PM Adv. Yoga S	<b>12</b> 9:00AM Weight Train M  5:30 PM Cycle/Sculpt M 6:30 PM Cycle/Train M	<b>13</b> 7:45AM Cycle Mix Circuit M  6:00PM Full Body Workout-Mindy	<b>14</b> 6:00AM Cycle/Sculpt MI  6:15PM Cardio Drumming -Mal	<b>15</b> 8:45AM Cycle/Tabata M	<b>16</b> 8:30AM Cycle Mal 9:00AM Bootcamp Mal
<b>17</b> 9:00AM Rip & Ride Mal  10:20AM TRX INTERVAL MAL	<b>18</b> 9:00 AM P.Pilates J 5:00 PM P.Pilates J 6:10 PM Beg.Yoga S 7:15 PM Adv. Yoga S	<b>19</b> 9:00AM Weight Train M  5:30 PM Cycle/Sculpt M 6:30 PM Cycle/Train M	<b>20</b> 7:45AM Cycle Mix Circuit M  6:00PM Full Body Workout Mindy	<b>21</b> 6:00AM Cycle/Sculpt MI  6:15PM Cardio Drumming -Mal	<b>22</b> 8:45AM Cycle/Tabata M	<b>23</b> 8:30AM Cycle MI * 9:00AM Bootcamp MI*
<b>24</b> 9:00AM Rip & Ride Mal  10:20AM TRX INTERVAL MAL	<b>25</b> 9:00 AM P.Pilates J 5:00 PM P.Pilates J 6:10 PM Beg.Yoga S 7:15 PM Adv. Yoga S	<b>26</b> 9:00AM Weight Train M  5:30 PM Cycle/Sculpt M 6:30 PM Cycle/Train M	<b>27</b> 7:45AM Cycle Mix Circuit M  6:00PM Full Body Workout Mindy	<b>28</b> 6:00AM Cycle/Sculpt MI  6:15PM Cardio Drumming -Mal	<b>29</b> 8:45AM Cycle/Tabata M	<b>30</b> 8:30AM Cycle Mal 9:00AM Bootcamp Mal

