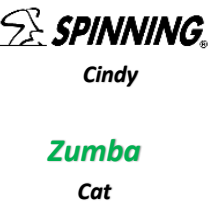




September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM					 SPINNING[®] <i>express</i> Stan		
8:45AM						<i>08:45am</i> Les Mills BodyPump Sharon	YOGA <i>(all levels)</i> Audra
9:45AM	Total Body Sculpt Sabrina	<i>NEW:</i> Bodypump & Cardio Sabrina	PILATES Sabrina	Les Mills BodyPump Sabrina	Total Body Sculpt Vicky	<i>10:00am:</i> Zumba Vicky	
11:00AM	Silver Sneakers Sabrina	YOGA <i>(all levels)</i> Carmen	Silver Sneakers Sabrina	YOGA <i>(all levels)</i> Lynne	Silver Sneakers Vicky		
			Afternoon				
5:30PM	Les Mills BodyPump Sharon	 SPINNING[®] Cindy Zumba Cat	Les Mills BodyPump Sharon	 SPINNING[®] Cindy Zumba Vicky			

* Schedule is subject to change
last updated: 8/24/26

GROUP FITNESS FEEDBACK
Manager@naplesfamilyfitness.com
TEXT "GFS" to 87365 for NFF Updates