

GROUPX

September 2026



Sun	Mon	Tues	Wed	Thur	Fri	Sat
	6:45AM-7:45AM: Intro to Cycling at GroupX Room  5:00PM-5:30PM: Stronger-4-Life Mondays at Fitness Center 		11:00AM-1:00PM: Weekly Lunch Crunch at Fitness Center  5:00PM: Performance Cycling Wednesdays at GroupX Room 	6:00PM: Weekly Barbell 101 Thursdays at Fitness Center 	11:00AM-1:00PM: Weekly Lunch Crunch Fridays at Fitness Center 	
		1	2 5:00PM: Performance Cycling	3	4	5 10:00AM: Indoor Cycling at GroupX Room
6	7	8	9 5:00PM: Performance Cycling	10	11	12 10:00AM: Indoor Cycling at GroupX Room
13	14	15	16 5:00PM: Performance Cycling	17	18	19
20	21	22	23 5:00PM: Performance Cycling	24	25	26 10:00AM: Indoor Cycling at GroupX Room
27	28	29	30 5:00PM: Performance Cycling			