



hôtel
SWEXAN

Fitness Class Schedule September 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 7am Spin w/ Macey 5:30pm Yoga w/ Megan	2 5:30pm Yoga w/ Megan	3 7am Spin w/ Macey	4 No Class Scheduled	5 No Class Scheduled
6 No Class Scheduled	7 No Class Scheduled	8 7am Spin w/ Macey 6pm Yoga w/ Megan	9 6pm Yoga w/ Megan	10 7am Spin w/ Macey 5:30pm Yoga w/ Cassie	11 No Class Scheduled	12 9am Yoga Sculpt w/ Cassie
13 9am Yoga Sculpt w/ Cassie	14 6pm Yoga w/ Megan	15 7am Spin w/ Macey 5:30pm Yoga w/ Megan	16 5:30pm Yoga w/ Megan	17 7am Spin w/ Macey 5:30pm Yoga w/ Cassie	18 No Class Scheduled	19 9am Yoga Sculpt w/ Cassie
20 No Class Scheduled	21 5:30pm Yoga w/ Megan	22 7am Spin w/ Macey 6pm Yoga w/ Megan	23 6pm Yoga w/ Megan	24 7am Spin w/ Macey 5:30pm Yoga w/ Cassie	25 No Class Scheduled	26 No Class Scheduled
27 No Class Scheduled	28 6pm Yoga w/ Megan	29 7am Spin w/ Macey 5:30pm Yoga w/ Cassie	30 5:30pm Yoga w/ Cassie			