

# September 2021

| September 2021 |    |    |    |    |    |    | October 2021 |    |    |    |    |    |    |
|----------------|----|----|----|----|----|----|--------------|----|----|----|----|----|----|
| Su             | Mo | Tu | We | Th | Fr | Sa | Su           | Mo | Tu | We | Th | Fr | Sa |
|                |    |    | 1  | 2  | 3  | 4  |              |    |    |    |    | 1  | 2  |
| 5              | 6  | 7  | 8  | 9  | 10 | 11 | 3            | 4  | 5  | 6  | 7  | 8  | 9  |
| 12             | 13 | 14 | 15 | 16 | 17 | 18 | 10           | 11 | 12 | 13 | 14 | 15 | 16 |
| 19             | 20 | 21 | 22 | 23 | 24 | 25 | 17           | 18 | 19 | 20 | 21 | 22 | 23 |
| 26             | 27 | 28 | 29 | 30 |    |    | 24           | 25 | 26 | 27 | 28 | 29 | 30 |
|                |    |    |    |    |    |    | 31           |    |    |    |    |    |    |

| SUNDAY                                                                                                                                                                                | MONDAY                                  | TUESDAY                                                          | WEDNESDAY                                                          | THURSDAY                                                           | FRIDAY                                                                                                                                                                                    | SATURDAY                                                                                                                                                                                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|------------------------------------------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Aug 29                                                                                                                                                                                | 30                                      | 31                                                               | Sep 1                                                              | 2                                                                  | 3                                                                                                                                                                                         | 4                                                                                                                                                                                                     |
|                                                                                                                                                                                       |                                         |                                                                  | 6:00am Fitness Class -<br>Kettle Bell (Las Olas<br>Garage Rooftop) | 5:30pm Fitness Class -<br>Buns & Guns (Las<br>Olas Garage Rooftop) | 6:00am Fitness Class -<br>Kettle Bell (Las Olas<br>Garage Rooftop)<br>8:00am Fitness Class -<br>Cardio HIIT (Las Olas<br>Garage Rooftop)<br>4:00pm Friday Night<br>5:30pm Fitness Class - | 9:00am Oceanside<br>Market (Las Olas<br>Garage Rooftop)<br>9:45am Fitness Class -<br>Wake and Shake (Las<br>Olas Garage Rooftop)<br>10:30am Fitness Class -<br>Yoga Flow (Las Olas<br>Garage Rooftop) |
| 5                                                                                                                                                                                     | 6                                       | 7                                                                | 8                                                                  | 9                                                                  | 10                                                                                                                                                                                        | 11                                                                                                                                                                                                    |
| 8:30am Fitness Class -<br>Animal Flow (Las Olas<br>Garage Rooftop)<br>10:15am Fitness Class -<br>Functional Flow (Las<br>Olas Garage Rooftop)<br>11:00am Jazz Brunch<br>(Downtown)    | 8:00am Morning Yoga<br>(Esplanade Park) | 6:30pm Fitness Class -<br>Slow Flow (Las Olas<br>Garage Rooftop) | 6:00am Fitness Class -<br>Kettle Bell (Las Olas<br>Garage Rooftop) | 5:30pm Fitness Class -<br>Buns & Guns (Las<br>Olas Garage Rooftop) | 6:00am Fitness Class -<br>Kettle Bell (Las Olas<br>Garage Rooftop)<br>8:00am Fitness Class -<br>Cardio HIIT (Las Olas<br>Garage Rooftop)<br>4:00pm Friday Night<br>5:30pm Fitness Class - | 9:00am Oceanside<br>Market (Las Olas<br>Garage Rooftop)<br>9:45am Fitness Class -<br>Wake and Shake (Las<br>Olas Garage Rooftop)<br>10:30am Fitness Class -<br>Yoga Flow (Las Olas<br>Garage Rooftop) |
| 12                                                                                                                                                                                    | 13                                      | 14                                                               | 15                                                                 | 16                                                                 | 17                                                                                                                                                                                        | 18                                                                                                                                                                                                    |
| 8:30am Fitness Class -<br>Animal Flow (Las Olas<br>Garage Rooftop)<br>10:15am Fitness Class -<br>Functional Flow (Las<br>Olas Garage Rooftop)                                         | 8:00am Morning Yoga<br>(Esplanade Park) | 6:30pm Fitness Class -<br>Slow Flow (Las Olas<br>Garage Rooftop) | 6:00am Fitness Class -<br>Kettle Bell (Las Olas<br>Garage Rooftop) | 5:30pm Fitness Class -<br>Buns & Guns (Las<br>Olas Garage Rooftop) | 6:00am Fitness Class -<br>Kettle Bell (Las Olas<br>Garage Rooftop)<br>8:00am Fitness Class -<br>Cardio HIIT (Las Olas<br>Garage Rooftop)<br>4:00pm Friday Night<br>5:30pm Fitness Class - | Brazilian Festival (Fort Lauderdale)<br>9:00am Oceanside<br>Market (Las Olas<br>Garage Rooftop)<br>9:30am Cars and Coffee<br>9:45am Fitness Class -<br>10:30am Fitness Class -                        |
| 19                                                                                                                                                                                    | 20                                      | 21                                                               | 22                                                                 | 23                                                                 | 24                                                                                                                                                                                        | 25                                                                                                                                                                                                    |
| Brazilian Festival (Fort Lauderdale)<br>8:30am Fitness Class -<br>Animal Flow (Las Olas<br>Garage Rooftop)<br>10:15am Fitness Class -<br>Functional Flow (Las<br>Olas Garage Rooftop) | 8:00am Morning Yoga<br>(Esplanade Park) | 6:30pm Fitness Class -<br>Slow Flow (Las Olas<br>Garage Rooftop) | 6:00am Fitness Class -<br>Kettle Bell (Las Olas<br>Garage Rooftop) | 5:30pm Fitness Class -<br>Buns & Guns (Las<br>Olas Garage Rooftop) | 6:00am Fitness Class -<br>Kettle Bell (Las Olas<br>Garage Rooftop)<br>8:00am Fitness Class -<br>Cardio HIIT (Las Olas<br>Garage Rooftop)<br>4:00pm Friday Night<br>5:30pm Fitness Class - | 9:00am Oceanside<br>Market (Las Olas<br>Garage Rooftop)<br>9:45am Fitness Class -<br>Wake and Shake (Las<br>Olas Garage Rooftop)<br>10:30am Fitness Class -<br>Yoga Flow (Las Olas<br>Garage Rooftop) |
| 26                                                                                                                                                                                    | 27                                      | 28                                                               | 29                                                                 | 30                                                                 | Oct 1                                                                                                                                                                                     | 2                                                                                                                                                                                                     |
| 8:30am Fitness Class -<br>Animal Flow (Las Olas<br>Garage Rooftop)<br>10:15am Fitness Class -<br>Functional Flow (Las<br>Olas Garage Rooftop)                                         | 8:00am Morning Yoga<br>(Esplanade Park) | 6:30pm Fitness Class -<br>Slow Flow (Las Olas<br>Garage Rooftop) | 6:00am Fitness Class -<br>Kettle Bell (Las Olas<br>Garage Rooftop) | 5:30pm Fitness Class -<br>Buns & Guns (Las<br>Olas Garage Rooftop) |                                                                                                                                                                                           |                                                                                                                                                                                                       |