

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	9:00am Chair-Lentha		9:00am Chair-Lentha		11:00am Tai Chi- Emmy	
6	7	8	9	10	11	12
	<u>Labor Day Holiday</u> Facility Hours 5:00am - 2:00pm <u>NO GROUP FITNESS</u>		9:00am Chair-Lentha		11:00am Tai Chi- NO CLASS	
13	14	15	16	17	18	19
	9:00am Chair-Lentha		9:00am Chair-Lentha		11:00am Tai Chi- Emmy	
20	21	22	23	24	25	26
	9:00am Chair-Lentha		9:00am Chair-Lentha		11:00am Tai Chi- Emmy	
27	28	29	30			
	9:00am Chair-Lentha			-Instructors are subject to change		

LOUISIANA ATHLETIC CLUB • 1135 EXPRESSWAY DRIVE • PINEVILLE •
318.487.1000