

September 2022 L.U.T.A.N GYM Schedule

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 CLOSED	2 CLOSED Labor Day Weekend	3 CLOSED →→→ Labor Day Weekend
4 →→→ CLOSED	5 Labor Day Closed	6 Flame L2 Makeup 7p-9p Tiny Flare 7p-8:15p	7 CLOSED	8 Re-introducing Adult Tumbling and conditioning → 7p-7:55p	9 CLOSED	10 Cheer/Tumb. 9am -9:55am Tots class 9:15a Allstar ignite (L1) 10:00a-12pm Strictly Tumb Beg/ Int 1p- 2p
11 All Allstar Teams 5p-7p @ Hollywood cheer and tumble	12 Rec. strict. tumb beg. 6:00pm Rec. Stict. Tumb Int. 7:00 pm	13 Rec. cheer/tumb beg. 5:30pm Tiny Flare 7p- 8:15p	14 Tumbling Tots 4:30p-5:15p	15 Adult Tumbling and conditioning → 7p-7:55p	16 CLOSED	17 Cheer/ Tumb. 9am -9:55am Tots class 9:15a All Allstar Teams 10:00a-12pm Strictly Tumb Beg/ Int 1p- 2p
18 All Allstar Teams 5p-7p @ Hollywood cheer and tumble	19 Rec. strict. tumb beg. 6:00pm Rec. Stict. Tumb Int. 7:00 pm	20 Rec. cheer/tumb beg. 5:30pm Tiny Flare 7p- 8:15p	21 Tumbling Tots 4:30p-5:15p	22 Adult Tumbling and conditioning → 7p-7:55p	23 CLOSED	24 Gym closed Enjoy Circle City Classic Festivities
25 All Allstar Teams 5p-7p @ Hollywood cheer and tumble	26 End of the Semester for → Rec. strict. tumb beg. 6:00pm Rec. Stict. Tumb Int. 7:00 pm	27 Rec. cheer/tumb beg. 5:30pm Tiny Flare 7p- 8:15p	28 Tumbling Tots 4:30p-5:15p	29 Adult Tumbling and conditioning → 7p-7:55p	30 CLOSED	See October calendar →→→ Last sat. class Of the Sem. 10/1
					The Cost of each class is on The Classes tab on our website!	

notes

Gym Closed (If nothing is listed above) We offer personal training, health coaching etc. for all ages!
(Register and pay for all classes through our website www.golutan.com) *Silversneakers Instructor*
Gym closed Most Holidays unless otherwise Stated (Check all L.U.T.A.N Social Media outlets)
Receive 10 % off 2 or more Rec classes taken, 10% Sibling discounts honored.