

2019

CALENDAR YEAR

SEPTEMBER

CALENDAR MONTH



7740 Roswell Rd. Suite 400
Sandy Springs, GA 30350

www.starworkswell.com/rhapsody
Book your class now!



7730 Roswell Rd. Suite 205
Sandy Springs, GA 30350

www.starworkswell.com/LIFT
Book your class now!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	01
<div style="border: 1px solid blue; padding: 5px; background-color: #e0f0ff;"> <p>Don't forget to join the Fall Fit Challenge! See staff for details!</p> </div>						
02	03	04	05	06	07	08
10:00a LIFT Mvmnt. (SGT)	9:15a LIFT Mvmnt. (SGT)		9:15a LIFT Mvmnt. (SGT)	9:15a LIFT Mvmnt. (SGT)	10:00a LIFT Mvmnt (SGT)	
11:15a 2nd Annual Labor Day 90-minute Zumba Class!	10:30a Hatha & Flow		10:30a MatWork		11:15a Zumba	11:15a MatWork
	6:00p Zumba	6:00p MatWork	6:00p LIFT Mvmnt. (SGT)	6:00p *BollyX*	12:20a WAISTed (Free)	
	7:15p *Get it! + Waist.* 🔥	7:15p LIFT Mvmnt. (SGT)	7:15p Zumba			
			8:15p Hatha & Flow			
09	10	11	12	13	14	15
	9:15a LIFT Mvmnt. (SGT)		9:15a LIFT Mvmnt. (SGT)	9:15a LIFT Mvmnt. (SGT)	10:00a LIFT Mvmnt (SGT)	
	10:30a Hatha & Flow		10:30a MatWork		11:15a Zumba	11:15a MatWork
6:00p LIFT Mvmnt. (SGT)	6:00p Zumba	6:00p MatWork	6:00p LIFT Mvmnt. (SGT)	6:00p *Get it! + Waist.* 🔥	12:20a WAISTed (Free)	
7:15p Fet~ness	7:15p *VibeFlow* 🔥	7:15p LIFT Mvmnt. (SGT)	7:15p Zumba			
8:15p BollyX			8:15p Hatha & Flow			
						<div style="border: 1px solid pink; padding: 5px; background-color: #ffe0e0;"> <p>Save the Date! Rhapsody Squad Brunch (details TBA)</p> </div>
16	17	18	19	20	21	22
	9:15a LIFT Mvmnt. (SGT)		9:15a LIFT Mvmnt. (SGT)	9:15a LIFT Mvmnt. (SGT)	10:00a LIFT Mvmnt (SGT)	
	10:30a Hatha & Flow		10:30a MatWork		11:15a Zumba	11:15a MatWork
6:00p LIFT Mvmnt. (SGT)	6:00p Zumba	6:00p MatWork	6:00p LIFT Mvmnt. (SGT)	6:00p *BollyX*	12:20a WAISTed (Free)	
7:15p Fet~ness	7:15p *Vixen Workout* 🔥	7:15p LIFT Mvmnt. (SGT)	7:15p Zumba			
8:15p BollyX			8:15p Hatha & Flow			
23	24	25	26	27	28	29
	9:15a LIFT Mvmnt. (SGT)		9:15a LIFT Mvmnt. (SGT)	9:15a LIFT Mvmnt. (SGT)	10:00a LIFT Mvmnt (SGT)	
	10:30a Hatha & Flow		10:30a MatWork		11:15a Zumba	11:15a MatWork
6:00p LIFT Mvmnt. (SGT)	6:00p Zumba	6:00p MatWork	6:00p LIFT Mvmnt. (SGT)	6:00p *Get it! + Waist.* 🔥	12:20a WAISTed (Free)	
7:15p Fet~ness	7:15p *VibeFlow* 🔥	7:15p Free Demo TBA	7:15p Zumba			
8:15p BollyX		No LIFT this day only.	8:15p Hatha & Flow			
30	01	02	03	04	05	06
6:00p LIFT Mvmnt. (SGT)						
7:15p Fet~ness						
8:15p BollyX						

-Advanced booking required.
-See class policies for booking/canceling policy details.
-Classes are subject to change at any time.
-Always refer to MindBody schedule for most up to date information.

Class held at Rhapsody Studio
7740 Roswell Rd Suite 400

Pop-up Classes come and go on the schedule. Book fast!

Class held at StarWorks Fitness
Studio 7730 Roswell Rd Suite 205

🔥 = Lyrics may be explicit

Follow us on social media
@Rhapsodyfit.atl
@Starworksfit