

August



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Follow us on Instagram! Like us on Facebook!						9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chanel 11: 15 AM Yogaflow - Elizabeth
8:00 AM Cycle - Mode'	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Peach	5:45 AM Cycle - Tom 8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chris 7:00 PM Pilates - Peach	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode'	5:30 AM Rise/Grind Strength - Sam 9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach 5:45 PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM Barre TBC - Peach 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Peach
2	3	4	5	6	7	8
8:00 AM Cycle - Mode'	5:30 AM HIIT Cycle -Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Peach	5:45 AM Cycle - Tom 8:30 AM Pilates -Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chanel 7:00 PM Pilates - Peach	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode'	5:30 AM Rise/Grind Strength - Sam 9:30 AM Pilates - Susan 10:30 AM MusclePump - Peach 5:45PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Peach
9	10	11	12	13	14	15
8:00 AM Cycle - Mode'	5:30 AM HIITCycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Peach	5:45 AM Cycle - Tom 8:30 AM Pilates -Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chris 7:00 PM Pilates - Peach	8:30 AM HIIT Cycle - Sam 9:30 AM Step &Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode'	5:30 AM Rise/Grind Strength - Sam 9:30 AM Pilates - Susan 10:30 AM MusclePump - Peach 5:45 PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM Amber Attack - Amber 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Peach
16	17	18	19	20	21	22
8:00 AM Cycle - Mode'	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa	5:45 AM Cycle - Tom 8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chanel 7:00 PM Pilates - Peach	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode'	5:30 AM Rise/Grind Strength - Sam 9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach 5:45 PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Peach
23	24	25	26	27	28	29
8:00 AM Cycle - MoDe'	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa					
30	31					