

August 2024 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 7:25a Strength 8:30a Strength 5:30p Fitness 101	2 8:30a Flexibility	3 10:15a Core Conditioning
4	5 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	6 7:30a Strength 8:30a Strength 5:30p Strength	7 10:30a Fitness 101	8 7:25a Strength 8:30a Strength 5:30p Fitness 101	9 8:30a Flexibility	10 10:15a Core Conditioning
11	12 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	13 7:30a Strength 8:30a Strength 5:30p Strength	14 10:30a Fitness 101	15 7:25a Strength 8:30a Strength 5:30p Fitness 101	16 8:30a Flexibility	17 10:15a Core Conditioning
18	19 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	20 7:30a Strength 8:30a Strength 5:30p Strength	21 10:30a Fitness 101	22 7:25a Strength 8:30a Strength 5:30p Fitness 101	23 8:30a Flexibility	24 10:15a Core Conditioning
25	26 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	27 7:30a Strength 8:30a Strength 5:30p Strength	28 10:30a Fitness 101	29 7:25a Strength 8:30a Strength 5:30p Fitness 101	30 8:30a Flexibility	31 10:15a Core Conditioning

August 2024 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	2 6:30a Strength 9:30a Pilates 11:15a Pilates	3 9:15a Pilates
4	5 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	6 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	7 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p/5:35 Pilates	8 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	9 6:30a Strength 9:30a Pilates 11:15a Pilates	10 8:25a Pilates 9:15a Pilates
11	12 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	13 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	14 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p/5:35p Pilates	15 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	16 6:30a Strength 9:30a Pilates 10:15a Pilates	17 9:15a Pilates 10:05 Pilates
18	19 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	20 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	21 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p/5:35p Pilates	22 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	23 6:30a Strength 9:30a Pilates 11:15a Pilates	24 8:25a Pilates 9:15a Pilates
25	26 6:30a Pilates 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	27 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	28 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p/5:35p Pilates	29 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	30 6:30a Strength 9:30a Pilates 11:15a Pilates	31 9:15a Pilates 10:05a Pilates