

August 2025 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:30a Flexibility 10:30a Fitness 101	2 9a Pietra Fitness 10:15a Core Conditioning
3	4 8:30a Strength 9:30a Strength 5:30p Fitness 101	5 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	6 9:30a Core Conditioning 10:30a Fitness 101	7 7:25a Strength 8:30a Strength 5:30p Fitness 101	8 8:30a Flexibility 10:30a Fitness 101	9 9a Pietra Fitness 10:15a Core Conditioning
10	11 8:30a Strength 9:30a Strength 5:30p Fitness 101	12 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	13 9:30a Core Conditioning 10:30a Fitness 101	14 7:25a Strength 8:30a Strength 5:30p Fitness 101	15 8:30a Flexibility 10:30a Fitness 101	16 9a Pietra Fitness 10:15a Core Conditioning
17	18 8:30a Strength 9:30a Strength 5:30p Fitness 101	19 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	20 9:30a Core Conditioning 10:30a Fitness 101	21 7:25a Strength 8:30a Strength 5:30p Fitness 101	22 8:30a Flexibility 10:30a Fitness 101	23 9a Pietra Fitness 10:15a Core Conditioning
24/31	25 8:30a Strength 9:30a Strength 5:30p Fitness 101	26 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	27 9:30a Core Conditioning 10:30a Fitness 101	28 7:25a Strength 8:30a Strength 5:30p Fitness 101	29 8:30a Flexibility 10:30a Fitness 101	30 9a Pietra Fitness 10:15a Core Conditioning

August 2025 Semi-Privates

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