

August 2018

Mon	Tue	Wed	Thu	Fri	Sat
		1. Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm	2. HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm	3. <i>CYCLING</i> Angie 6:00am	4. HARD CORE Dawn 10:00am
6.. SPINNING Laurette 5:00pm YOGA-Brooke 5:30pm	7. HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm	8. <i>CYCLING</i> -Angie 6:00am 4:30 Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm	9. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm	10. <i>CYCLING</i> Angie 6:00am	11. HARD CORE Dawn 10:00am Upstairs Room
13. SPINNING Laurette 5:00pm YOGA-Brooke 5:30pm	14. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm	15. <i>CYCLING</i> -Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm	16. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm	17. <i>CYCLING</i> Angie 6:00am	18. HARD CORE Dawn 10:00am Upstairs Room
20. SPINNING Laurette 5:00pm YOGA-Brooke 5:30pm	21. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm	22. <i>CYCLING</i> -Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm	23. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm	24. <i>CYCLING</i> Angie 6:00am	25. HARD CORE Dawn 10:00am
27. SPINNING Laurette 5:00pm YOGA-Brooke 5:30pm	28.. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm	29. <i>CYCLING</i> -Angie 6:00am Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm Line Dancing-Jamie 6:30pm	30. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm	31. <i>CYCLING</i> Angie 6:00am	