## August 2018

| MonTueWedThuFriSat1.<br>Yoga-Tonja 4:30<br>SPINNING<br>Laurette 5:00pm1.<br>Yoga-Tonja 4:30<br>SPINNING-Laurette 5:00pm2.3.<br>CYCLING<br>Angie 6:00am4.<br>HARD CORE<br>Dawn 10:00amHARD CORE<br>Dawn 10:00am6.<br>SPINNING<br>Laurette 5:00pm<br>YOGA-Brooke 5:30pm7.<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm8.<br>CYCLING-Angie 6:00am<br>4:30<br>Yoga-Tonja 4:30<br>SPINNING-Laurette 5:00pm10.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm11.<br>HARD CORE<br>Dawn 10:00am11.<br>HARD CORE<br>Dawn 10:00am13.14.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm15.<br>CYCLING-Angie 6:00am<br>(SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm17.<br>CYCLING<br>Angie 6:00am<br>(CYCLING<br>Angie 6:00am18.<br>HARD CORE<br>Dawn 10:00am<br>Upstairs Room20.<br>SPINNING<br>Laurette 5:00pm<br>YOGA-Brooke 5:30pm21.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm16.<br>SPIN-Nancy 3:45 pm<br>TABATA-Susan 6:00pm17.<br>CYCLING<br>Angie 6:00am18.<br>HARD CORE<br>Dawn 10:00am<br>Upstairs Room20.<br>SPINNING<br>Laurette 5:00pm<br>YOGA-Brooke 5:30pm21.<br>SPINNING<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm22.<br>SPINNING-Laurette 5:00pm<br>YOGA-Brooke 5:30pm23.<br>SPINNING-Laurette 5:00pm<br>YOGA-Brooke 5:30pm24.<br>SPINNING-Laurette 5:00pm<br>YOGA-Brooke 5:30pm25.<br>SPINNING-Laurette 5:00pm<br>YOGA-Brooke 5:30pm25.<br>SPINNING-Laurette 5:00pm<br>YOGA-Brooke 5:30pm26.<br>SPINNING-Laurette 5:00pm<br>YOGA-Brooke 5:30pm   | and the second |   |   |   |         |                           |   |
|---|--|---|---|---|---------|---------------------------|---|
| Yoga-Tonja 4:30<br>SPINNING<br>Laurette 5:00pmYoga-Tonja 4:30<br>SPINNING<br>Laurette 5:00pmHARD CORE-Jawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pmCYCLING<br>Angie 6:00amHARD CORE<br>Dawn 10:00am6.<br>SPINNING<br>Laurette 5:00pm7.<br>ARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm8.<br>CYCLING-Angie 6:00am<br>4:30<br>Yoga-Tonja 4:30<br>SPINNING-Laurette 5:00pm9.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm10.<br>CYCLING<br>Angie 6:00am11.<br>HARD CORE<br>Dawn 10:00am<br>Upstairs Room13.14.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm16.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm17.<br>CYCLING<br>Angie 6:00am18.<br>HARD CORE<br>Dawn 10:00am<br>Upstairs Room20.21.<br>SPINNING<br>Laurette 5:00pm<br>YOGA-Brooke 5:30pm21.<br>SPIN-Nancy 3:45 pm<br>TABATA-Susan 6:00pm22.<br>CYCLING-Angie 6:00am<br>Yoga-Tonja 4:30<br>SPINNING-Laurette 5:00pm23.<br>SPIN-Nancy 3:45 pm<br>TABATA-Susan 6:00pm24.<br>CYCLING<br>Angie 6:00am25.<br>HARD CORE<br>Dawn 10:00am<br>Upstairs Room20.<br>SPINNING<br>Laurette 5:00pm<br>YOGA-Brooke 5:30pm21.<br>SPIN-Nancy 3:45 pm<br>TABATA-Susan 6:00pm23.<br>SPIN-Nancy 3:45 pm<br>TABATA-Susan 6:00pm24.<br>SPIN-Nancy 3:45 pm<br>TABATA-Susan 6:00pm21.<br>SPINNING<br>Laurette 5:00pm<br>YOGA-Brooke 5:30pm21.<br>SPIN-Nancy 3:45 pm<br>TABATA-Susan 6:00pm23.<br>SPIN-Nancy 3:45 pm<br>TABATA-Susan 6:00pm24.<br>SPIN-Nancy 3:45 pm<br>TABATA-Susan 6:00pm22.<br>SPINNING<br>Laurette 5:00pm<br>YOGA-Brooke 5:30pm23.<br>  | Mon  | Tue   | Wed   | Thu   | Fri     | Sat 🦯                     |   |
| SPINNING<br>Laurette 5:00pm<br>YOGA-Brooke 5:30pmHARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pmCYCLING-Angie 6:00am<br>4:30<br>Yoga-Tonja 4:30<br>SPINNING-Laurette 5:00pmSPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pmHARD CORE<br>Angie 6:00amHARD CORE<br>Dawn 10:00am<br>Upstairs Room13.14.15.<br>CYCLING-Angie 6:00am<br>YOGA-Brooke 5:30pm16.17.<br>SPINNING<br>Laurette 5:00pm<br>YOGA-Brooke 5:30pm18.<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm17.<br>CYCLING-Angie 6:00am<br>Yoga-Tonja 4:30<br>SPINNING-Laurette 5:00pm18.<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm18.<br>HARD CORE<br>Dawn 10:00am<br>Upstairs Room20.21.<br>SPINNING<br>Laurette 5:00pm<br>YOGA-Brooke 5:30pm21.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm22.<br>SPINNING-Laurette 5:00pm<br>TABATA-Susan 6:00pm23.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm24.<br>CYCLING<br>Angie 6:00am25.<br>HARD CORE<br>Dawn 10:00am<br>Upstairs Room27.<br>SPINNING<br>Laurette 5:00pm<br>VGA-Brooke 5:30pm28.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>SPINNING-Laurette 5:00pm<br>TABATA-Susan 6:00pm29.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm24.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm24.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt -Anna 5:45pm<br>TABATA-Susan 6:00pm27.<br>SPINNING<br>Laurette 5:00pm<br>VGA-Brooke 5:30pm28.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br> |  |   |   | HARD CORE Dawn 4:30pm<br>Sculpt –Anna 5:45pm                              |         | HARD CORE                 |   |
| 13.14.<br>SPINNING<br>Laurette 5:00pm<br>YOGA-Brooke 5:30pm14.<br>  | SPINNING<br>Laurette 5:00pm  | Sculpt –Anna 5:45pm   | 4:30  | SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm                               | CYCLING | HARD CORE<br>Dawn 10:00am |   |
| 20.<br>SPINNING<br>Laurette 5:00pm<br>YOGA-Brooke 5:30pm21.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sulpt -Anna 5:45pm<br>TABATA-Susan 6:00pm22.<br>CYCLING-Angie 6:00am<br>Yoga-Tonja 4:30<br>   | SPINNING<br>Laurette 5:00pm  | SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt –Anna 5:45pm        | 15.<br>CYCLING-Angie 6:00am<br>Yoga-Tonja 4:30                      | 16.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt –Anna 5:45pm | CYCLING | HARD CORE<br>Dawn 10:00am | - |
| SPINNING SPIN-Nancy 3:45 pm CYCLING-Angie 6:00am HARD CORE-Dawn 4:30pm CYCLING   Laurette 5:00pm HARD CORE-Dawn 4:30pm Yoga-Tonja 4:30 HARD CORE-Dawn 4:30pm CYCLING   VOGA Brooke 5:30pm HARD CORE-Dawn 4:30pm Yoga-Tonja 4:30 Sculpt –Anna 5:45pm CYCLING   | 20.<br>SPINNING<br>Laurette 5:00pm   | 21.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt –Anna 5:45pm | CYCLING-Angie 6:00am<br>Yoga-Tonja 4:30                             | 23.<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt –Anna 5:45pm | CYCLING | HARD CORE                 |   |
| TABATA-Susan 6:00pm Line Dancing-Jamie  | SPINNING<br>Laurette 5:00pm  | 28<br>SPIN-Nancy 3:45 pm<br>HARD CORE-Dawn 4:30pm<br>Sculpt –Anna 5:45pm  | CYCLING-Angie 6:00am<br>Yoga-Tonja 4:30<br>SPINNING-Laurette 5:00pm | HARD CORE-Dawn 4:30pm<br>Sculpt –Anna 5:45pm                              | CYCLING |                           |   |

