August 2018

MonTueWedThuFriSat1. Yoga-Tonja 4:30 SPINNING Laurette 5:00pm1. Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm2.3. CYCLING Angie 6:00am4. HARD CORE Dawn 10:00amHARD CORE Dawn 10:00am6. SPINNING Laurette 5:00pm YOGA-Brooke 5:30pm7. HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm8. CYCLING-Angie 6:00am 4:30 Yoga-Tonja 4:30 SPINNING-Laurette 5:00pm10. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm11. HARD CORE Dawn 10:00am11. HARD CORE Dawn 10:00am13.14. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm15. CYCLING-Angie 6:00am (SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm17. CYCLING Angie 6:00am (CYCLING Angie 6:00am18. HARD CORE Dawn 10:00am Upstairs Room20. SPINNING Laurette 5:00pm YOGA-Brooke 5:30pm21. SPIN-Nancy 3:45 pm HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm16. SPIN-Nancy 3:45 pm TABATA-Susan 6:00pm17. CYCLING Angie 6:00am18. HARD CORE Dawn 10:00am Upstairs Room20. SPINNING Laurette 5:00pm YOGA-Brooke 5:30pm21. SPINNING HARD CORE-Dawn 4:30pm Sculpt -Anna 5:45pm TABATA-Susan 6:00pm22. SPINNING-Laurette 5:00pm YOGA-Brooke 5:30pm23. SPINNING-Laurette 5:00pm YOGA-Brooke 5:30pm24. SPINNING-Laurette 5:00pm YOGA-Brooke 5:30pm25. SPINNING-Laurette 5:00pm YOGA-Brooke 5:30pm25. SPINNING-Laurette 5:00pm YOGA-Brooke 5:30pm26. SPINNING-Laurette 5:00pm YOGA-Brooke 5:30pm	and the second						
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