

Fitness Edge Studio

August 2026



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 6:00 am Rise and Shine- SD
2	3 5:15 am Butts and Gutts-SD 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC 6:00 pm Zumba-KD	4 5:15 am Circuit/Cardio/ Strength-SC 6:00pm HIIT-SL	5 5:15 am The Edge-SD 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC	6 5:15 am Circuit/Cardio/ Strength- SL 6:00pm Total Body- Josh	7 5:15 am The Edge-SD 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-CN	8 6:00 am Rise and Shine- SD
9	10 5:15 am Butts and Gutts-SD 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC 6:00 pm Zumba-KD	11 5:15 am Circuit/Cardio/ Strength-SC 6:00pm HIIT-SL	12 5:15 am The Edge-SD 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-CN	13 5:15 am Circuit/Cardio/ Strength- SL 6:00pm Total Body- Josh	14 5:15 am The Edge-SD 8:30 am Silver Sneakers-NC 10:00 am Silver Sneakers-CN	15 6:00 am Rise and Shine- SD
16	17 5:15 am Butts and Gutts-SD 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC 6:00 pm Zumba-KD	18 5:15 am Circuit/Cardio/ Strength-SC 6:00pm HIIT-SL	19 5:15 am The Edge-SD 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC	20 5:15 am Circuit/Cardio/ Strength- SL 6:00pm Total Body- Josh	21 5:15 am The Edge-SD 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-CN	22 6:00 am Rise and Shine- SD
23	24 5:15 am Butts and Gutts-SD 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC 6:00 pm Zumba-KD	25 5:15 am Circuit/Cardio/ Strength-SC 6:00pm HIIT-SL	26 5:15 am The Edge-SD 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-CN	27 5:15 am Circuit/Cardio/ Strength- SL 6:00pm Total Body- Josh	28 5:15 am The Edge-SD 8:30 am Silver Sneakers-NC 10:00 am Silver Sneakers-CN	29
30	31 5:15 am Butts and Gutts-SD 8:30 am Silver Sneakers-CN 10:00 am Silver Sneakers-NC 6:00 pm Zumba-KD					