

# Gigi's Downtown August

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15am	SPIN Callie	BODYPUMP Callie	SPIN Debbie	BODYPUMP Callie	SPRINT Sarah S		
6:05am	CX-WORX Callie		Pilates Debbie		CX - WORX Sarah S		
8:15am	YOGA Danielle		YOGA Bridgette		YOGA Bridgette		
8:30a						SPIN alternates	
9:30am						BODYPUMP altertnates	
10:15am		Fit over 50 CynDee		Fit over 50 CynDee			
10:45am						BODYFLOW Callie	
12:05pm	BODYPUMP Sister	CX WORX Sarah H	BODYPUMP Susie	CX Worx Susie	BODYPUMP Sarah S		
1:30PM							SPIN - Callie
2:00PM							CX-Worx Callie
4:45pm		SPRINT Christina		GRIT Christina			
5:15pm	SPIN Sarah H		SPIN Callie				
5:30pm		BODYPUMP Sister		BODYPUMP Sheilah			
6:15pm	BODYFLOW Sarah H		CX WORX Callie				