August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 27	July 28	July 29	July 30	July 31	1 8am- S/S Zumba	2 915a-Weight/Cardio 1030p- Line Dance
3	4 8am- S/S Circuit 530p- Line Dance Member Apprecation	5 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	6 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	7 8am - S/S Circuit 9am- Line Dance	8 8am - S/S Boom	9 915a-Weight/Cardio 1030p- Line Dance
10	11 8am- S/S Circuit	12 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	13 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	14 8am - S/S Circuit 9am- Line Dance	15 8am - S/S Zumba	16 915a-Weight/Cardio 1030p- Line Dance
17	18 8am- S/S Circuit	19 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	20 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	21 8am - S/S Circuit 9am- Line Dance	22 8am- S/S Boom	23 915a-Weight/Cardio 1030p- Line Dance
24	25 8am- S/S Circuit	26 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	27 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	28 8am - S/S Circuit 9am- Line Dance	29 8am - S/S Zumba	30 915a-Weight/Cardio 1030p- Line Dance
31	Sept 1	Sept 2	Sept 3	Sept 4	Sept 5	Sept 6

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