August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 31	1 8am- S/S Circuit 530p- Zumba Member Apprecation	2 8am - S/S Circuit 530p -Spin 630p- Xtreme Step	3 7am- Yoga 8am- S/S Cardio	4 8am - S/S Circuit 530p - Xtreme Step	5 8am- S/S Boom	6 8am- Yoga 9am-Weight/Cardio
7	8 8am- S/S Circuit 530p- Zumba	9 8am - S/S Circuit 530p -Spin 630p- Xtreme Step	10 7am- Yoga 8am- S/S Cardio	11 8am - S/S Circuit 530p - Xtreme Step	12 8am - S/S Zumba	13 8am- Yoga 9am-Weight/Cardio
14	15 8am- S/S Circuit 530p- Zumba	16 8am - S/S Circuit 530p -Spin 630p- Xtreme Step	17 7am- Yoga 8am- S/S Cardio	18 8am - S/S Circuit 530p - Xtreme Step	19 8am - S/S Boom	20 8am- Yoga 9am-Weight/Cardio
21	22 8am- S/S Circuit 530p- Zumba	23 8am - S/S Circuit 530p -Spin 630p- Xtreme Step	24 7am- Yoga 8am- S/S Cardio	25 8am - S/S Circuit 530p - Xtreme Step	26 8am- S/S Zumba	27 8am- Yoga 9am-Weight/Cardio
28	29 8am- S/S Circuit 530p- Zumba	30 8am - S/S Circuit 530p -Spin 630p- Xtreme Step	31 7am- Yoga 8am- S/S Cardio	Sept 1	Sept 2	Sept 3
Sept 4	Sept 5	Sept 6	Sept 7	Sept 8	Sept 9	Sept 10

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