August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 28	July 29	July 30	July 31	1 8am - S/S Circuit 9am- Line Dance	2 8am- S/S Zumba	3 915a-Weight/Cardio
4	5 8am- S/S Circuit Member Apprecation	6 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	7 7am- Yoga 815a- S/S Cardio 5pm- Line Dance	8 8am - S/S Circuit 9am- Line Dance	9 8am - S/S Boom	10 915a-Weight/Cardio
11	12 8am- S/S Circuit	13 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	14 7am- Yoga 815a- S/S Cardio 5pm- Line Dance	15 8am - S/S Circuit 9am- Line Dance	16 8am - S/S Zumba	17 915a-Weight/Cardio
18	19 8am- S/S Circuit	20 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	21 7am- Yoga 815a- S/S Cardio 5pm- Line Dance	22 8am - S/S Circuit 9am- Line Dance	23 8am- S/S Boom	24 915a-Weight/Cardio
25	26 8am- S/S Circuit	27 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	28 7am- Yoga 815a- S/S Cardio 5pm- Line Dance	29 8am - S/S Circuit 9am- Line Dance	30 8am - S/S Zumba	31 915a-Weight/Cardio
Sept 1	Sept 2	Sept 3	Sept 4	Sept 5	Sept 6	Sept 7

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