

August 2025- Cutting Edge Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Office Hours Monday – Thursday 10:30am to 5:30pm Friday 10:30am to 2:30pm	Daycare Hours Monday – Thursday Morning 9:00am to 10:30am Evening 5:30pm to 7:00pm	*Fee class Come join us for bootcamp! drop-ins \$15		1 Yoga 10:30am	2 *Warrior Bootcamp 7:30am Refit 9:30am Circle Mobility 10:30am
4 Total Body 9am Cycle 5:30pm	5 Senior Fit 10am Tone-Tastic 5:30pm Yoga 6pm	6 Body Rebuild 9am Core & More 5:30 Cardio Danze 6pm	7 Senior Fit 3pm	8 Yoga 10:30am	9 *Warrior Bootcamp 7:30am Refit 9:30am Circle Mobility 10:30am
11 Total Body 9am Cycle 5:30pm	12 Senior Fit 10am Yoga 6pm	13 Body Rebuild 9am Core & More 5:30 Cardio Danze 6pm	14 Senior Fit 3pm Line Dancing 5:30pm	15 Yoga 10:30am	16 *Warrior Bootcamp 7:30am
18 Cycle 5:30pm	19 Senior Fit 10am Yoga 6pm	20 Body Rebuild 9am Cardio Danze 6pm	21 Senior Fit 3pm	22 Yoga 10:30am	23 *Warrior Bootcamp 7:30am
25 Cycle 5:30pm	26 Senior Fit 10am Yoga 6pm	27 Body Rebuild 9am Core & More 5:30 Cardio Danze 6pm	28 Senior Fit 3pm	29 Yoga 10:30am	30 No Classes