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| --- | --- | --- | --- | --- | --- | --- | --- |
| **August 2025** | | | | | | |  |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | | **Saturday** |
| **27** | **28** | **29** | **30** | **31** | **1** | | **2** |
|  |  |  |  |  |  | | NO CLASSES |
| **3** | **4** | **5** | **6** | **7** | **8** | | **9** |
|  | Yoga @ 5:15 PM  Spin @ 5:30 PM | Mixxed Fit @5:30 PM | Pilates @ 5PM | HIIT @ 5:30 PM |  | | NO CLASSES |
| **10** | **11** | **12** | **13** | **14** | **15** | | **16** |
|  | Yoga @ 5:15 PM  Spin @ 5:30 PM | Mixxed Fit @5:30 PM | Pilates @ 5PM | HIIT @ 5:30 PM |  | | NO CLASSES |
| **17** | **18** | **19** | **20** | **21** | **22** | | **23** |
|  | Yoga @ 5:15 PM  Spin @ 5:30 PM | Mixxed Fit @5:30 PM | Pilates @ 5PM | HIIT @ 5:30 PM |  | | NO CLASSES |
| **24** | [**25**](https://www.calendarpedia.com/) | **26** | **27** | **28** | **29** | | **30** |
|  | Yoga @ 5:15 PM  Spin @ 5:30 PM | Mixxed Fit @5:30 PM | Pilates @ 5PM | HIIT @ 5:30 PM |  | |  |
| **31** | **1** | **2** | **3** | **4** | **5** | | **6** |
|  |  |  |  |  |  | |  |
|  | | | | | |  | |