

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	6:00a BP Express Carrie 8:30a BP Anne 10:45a SS Yoga Dawn 4:15p BP Jenn 5:30p BP Jodi	5:15a GRIT (S)- Erika 12:10 BP- Monica	5:30a Cycle Cir Monica 10:30a SS Yoga Dawn 5:30p BP Carrie	No Classes			
1	2	3	4	5	6		
7	Room CLOSED – No Classes					8	13
	6:00a BP Express Carrie 8:30a BP Anne 10:45a SS Yoga Dawn 4:15p BP Jenn 5:30p BP Jodi	5:15a GRIT (A)- Erika 12:10 BP- Monica	5:30a Cycle Cir Monica 10:30a SS Yoga Dawn 5:30p BP Carrie	5:30a GRIT&Core Carrie 7:00a BP Express Jodi 12:10p BP Jenn	5:30a BP - Monica	8:30a GRIT/Pump- Erika	
14	15	16	17	18	19	20	
	6:00a BP Express Carrie 8:30a BP Anne 9:45a Line Dancing 10:45a SS Yoga Dawn 4:15p BP Jenn 5:30p BP Jodi	5:15a GRIT (C)- Erika 12:10 BP- Monica	5:30a Cycle Cir Monica 9:00a Line Dancing 10:30a SS Yoga Dawn 5:30p BP Carrie	5:30a GRIT&Core Carrie 7:00a BP Express Jodi 12:10p BP Jenn	5:30a BP - Monica	8:30a Dri-Tri Carrie	
21	22	23	24	25	26	27	
	6:00a BP Express Carrie 8:40a BP Anne 9:45a Line Dancing 10:45a SS Yoga - Dawn 4:15p BP Jenn 5:30p BP Jodi	5:15a GRIT (S)- Erika 12:10 BP- Monica	5:30a Cycle Cir Monica 9:00a Line Dancing 10:30a SS Yoga Dawn 5:30p BP Carrie			8:30a BP Jenn	
28	29	30	31				

Group Room A

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:15a Cycle 45 - Mindy 12:10p Cycle + Core- Jamie 1	5:30p Cycle 35/Core - Jenn 2	8:30a Cycle/Flow - Anne 3	6:30a HIIT Cycle Jodi 4	12:10p HIIT Cycle Jenn 5	8:30 Cycle 45 Carrie 6
7	5:15a Cycle 45 - Mindy 12:10p Cycle + Core- Jamie 8	5:30p Cycle 45 - Jenn 9	8:30a Cycle/Flow - Anne 10	6:30a HIIT Cycle Jodi 11	12:10p HIIT Cycle Jenn 12	13
14	5:15a Cycle 45 - Mindy 12:10p Cycle + Core- Jamie 15	5:30p Cycle Cir - Jenn 16	8:30a Cycle/Flow - Anne 17	6:30a HIIT Cycle Jodi 18	12:10p HIIT Cycle Jenn 19	20
21	5:15a Cycle 45 - Mindy 12:10p Cycle + Core- Jamie 22	5:30p Cycle HIIT/Core - Jenn 23	8:30a Cycle/Flow - Anne 24	6:30a HIIT Cycle Jodi 25	12:10p HIIT Cycle Jenn 26	27
28	5:15a Cycle 45 - Mindy 12:10p Cycle + Core- Jamie 29	5:30p Cycle/Pump - Jenn 30	8:40a Cycle/Flow - Anne 31			

Group Room B - Cycle

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30a Tone 360- Codi 5:30p Feel Good Yoga- Angie 1	5:15a PiYo Lindsey 6:15a Morning Refresher- Barb 8:30a Barre FF- Angie 5:30p Hot Flow- Tahna 2	5:30a Barre Fusion- Codi 9:15a Hot Flow- Anne 3	6:15a Morning Refresher - Barb 8:30a Barre- Angie 4	8:30a Warm Feel Good Yoga Angie 5	8:30a PiYo Lindsey 6
7	5:30a Tone 360- Codi 5:30p Feel Good Yoga- Angie 8	5:15a PiYo Lindsey 6:15a Morning Refresher- Barb 8:30a Barre FF- Angie 5:30p Hot Flow- Tahna 9	5:30a Barre Fusion- Codi 9:15a Hot Flow- Anne 10	6:15a Morning Refresher - Barb 8:30a Barre- Angie 11	 12	8:30a Barre Fusion Codi 13
14	5:30a Tone 360- Codi 5:30p Feel Good Yoga- Angie 15	5:15a PiYo Lindsey 6:15a Morning Refresher- Barb 8:30a Barre FF- Angie 5:30p Hot Flow- Tahna 16	5:30a Barre Fusion- Codi 9:15a Hot Flow- Anne 17	6:15a Morning Refresher - Barb 8:30a Barre- Angie 18	8:30a Warm Feel Good Yoga Angie 19	 20
21	5:30a Tone 360- Codi 5:30p Feel Good Yoga- Angie 22	5:15a PiYo Lindsey 6:15a Morning Refresher- Barb 8:30a Barre FF- Angie 5:30p Hot Flow- Tahna 23	5:30a Barre Fusion- Codi 9:15a Hot Flow- Anne 24	6:15a Morning Refresher - Barb 8:30a Barre- Angie 25	8:30a Warm Feel Good Yoga Angie 26	8:30a Hot Flow- Tahna 27
28	5:30a Tone 360- Codi 5:30p Feel Good Yoga- Angie 29	5:15a PiYo Lindsey 8:40a Barre FF- Angie 5:30p Hot Flow- Tahna 30	5:30a Barre Fusion- Codi 9:15a Hot Flow- Anne 31			

Group Room C – Mind/Body