



# FITNESS CLASSES

## AUGUST 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b><u>REMEMBER</u></b> Your first fitness class is always free, so why not try one out today.</p>	1	2	3 TABATA-Eme 5:30pm	4 CYCLING Angie 6:00am	5 NO HARD CORE
7 SPINNING-Laurette 5:00pm	8 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	9 CYCLING-Angie 6:00am SPINNING-Laurette	10 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	11 CYCLING Angie 6:00am	12 HARD CORE Dawn 10:00am
14 SPINNING-Laurette 5:00pm	15 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	16 CYCLING-Angie 6:00am SPINNING-Laurette 5:00pm	17 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	18 CYCLING Angie 6:00am	19 HARD CORE Dawn 10:00am
21 SPINNING-Laurette 5:00pm	22 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:30pm	23 CYCLING-Angie 6:00am SPINNING-Laurette 5:00pm	24 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm	25 CYCLING Angie 6:00am	26 HARD CORE Dawn 10:00am
28 SPINNING-Laurette 5:00pm	29 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 6:00pm	30 CYCLING-Angie 6:00am SPINNING-Laurette 5:00pm	31 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm		