

Mon	Tue	Wed	Thu	Fri	Sat
<p>Check out our new "Sports Fitness Class" With Lauren!</p>		<p>Check out our new "Body Glide and ALL Core" With Theresa!</p>		<p>1 8:30- Zumba- Michelle 12:15- Sculpt- Laura C</p>	<p>2 9:30 Zumba- Courtney</p>
<p>4 9:15 Yoga - Brandy 11:30 Burnout- Laura 12:00 Abs - Laura 12:15 Sculpt - Laura 5:30 Zumba- Kay 6:30- Sports Fitness- Lauren 6:30- Brandy-(Yoga in Cycle Room)</p>	<p>5 6:15am Abs - Shana 9:15 Step - Julie 10:00 Abs - Julie 10:15 Sculpt - Julie 12:15 Bosu Pilates -Theresa 5:30 Burnout- Courtney 6:00 Abs - Courtney 6:15 Sculpt - Courtney 7:00 Ballast Ball - Theresa</p>	<p>6 6:00 Burnout- Lauren 9:15 Yoga - Brandy 11:30 Burnout - Laura C. 12:00 Abs - Laura C. 12:15 Fitball - Laura C. 5:30 Zumba - Courtney 6:30 Yoga - Brandy</p>	<p>7 6:15am Abs - Shana 9:30 Cardio Kick- Laura C. 10:15 Abs - Laura C. 10:30 Sculpt - Laura C. 12:15 Ballast Ball -Theresa 6:00 Kickboxing- Courtney 7:00 Sculpt Pilates -Theresa</p>	<p>8 8:30- Body Glide- Theresa 12:15- Sculpt- Laura C</p>	<p>9 9:30 Sports Fitness- Lauren 10:30 Bosu Pilates-Theresa</p>
<p>11 9:15 Yoga - Brandy 11:30 Burnout- Laura 12:00 Abs - Laura 12:15 Sculpt - Laura 5:30 Zumba - Kay 6:30- Yoga- Brandy 6:30 Sports Fitness- Lauren 6:30- Brandy-(Yoga in Cycle Room)</p>	<p>12 6:15am Abs - Shana 9:15 Step - Julie 10:00 Abs - Julie 10:15 Sculpt - Julie 12:15 Body Glide -Theresa 5:30 Burnout- Courtney 6:00 Abs - Courtney 6:15 Sculpt - Courtney 7:00 Bosu Pilates - Theresa</p>	<p>13 6:00 Bootcamp- Lauren 9:15 Yoga - Michelle 11:30 Burnout - Laura C. 12:00 Abs - Laura C. 12:15 Fitball - Laura C. 5:30 Zumba - Kay 6:30 Total Bosu - Lauren</p>	<p>14 6:15am Abs - Shana 9:30 Cardio Kick- Laura C. 10:15 Abs - Laura C. 10:30 Sculpt - Laura C. 12:15 Mini Ball Pilates - Theresa 6:00 Step- Shana 7:00 Body Glide -Theresa</p>	<p>15 8:30- Yoga- Michelle 12:15- Sculpt- Laura C</p>	<p>16 9:30 -Sculpt- Shana 10:00- Abs- Shana 10:15- Step- Shana</p>
<p>18 9:15 Yoga - Brandy 11:30 Sculpt- Michelle 12:00 Abs - Michelle 12:15 Kickboxing- Michelle 5:30- Zumba- Lori 6:30- Yoga- Brandy 5:30-7pm- Look in Cycle Schedule</p>	<p>19 6:15am Abs - Shana 9:15 Step - Julie 10:00 Abs - Julie 10:15 Sculpt - Julie 12:15 Total Bosu -Theresa 5:30 Sculpt- Lynette 6:00 Abs - Lynette 6:15 Step- Lynette 7:00 Yoga Butt - Theresa</p>	<p>20 6:00 Burnout- Lauren 9:15 Yoga - Brandy 11:30 Sculpt - Michelle 12:00 Abs - Michelle 12:15 Kickboxing - Michelle 5:30 Zumba - Kay 6:30 Yoga - Brandy</p>	<p>21 6:15am Abs - Shana 9:30 Sculpt - Michelle 10:15 Abs - Michelle 10:30 Kickboxing - Michelle 12:15 Yoga Butt -Theresa 6:00 Kickboxing- Courtney 7:00 Ballast Ball-Theresa</p>	<p>22 8:30- Zumba- Michelle 12:15- Sculpt- Shana</p>	<p>23 9:30 Boot Camp- Danny 10:30 Body Glide-Theresa</p>
<p>25 9:15 Yoga - Brandy 11:30 Burnout- Laura 12:00 Abs - Laura 12:15 Sculpt - Lura 5:30 Zumba - Kay 6:30- Yoga- Brandy 5:30-7pm- Look in Cycle Schedule</p>	<p>26 6:15am Abs - Shana 9:15 Sculpt- Michelle 10:00 Abs - Michelle 10:15 Zumba-Michelle 12:15 Boogie Bosu -Theresa 5:30 Sculpt- Lynette 6:00 Abs - Lynette 6:15 Step - Lynette 7:00 Bosu Pilates - Theresa</p>	<p>27 6:00 Bootcamp- Lauren 9:15 Yoga - Brandy 11:30 Burnout - Laura C. 12:00 Abs - Laura C. 12:15 Fitball - Laura C. 5:30 Zumba - Kay 6:30 Yoga - Brandy</p>	<p>28 6:15am Abs - Shana 9:30 Cardio Kick- Laura C. 10:15 Abs - Laura C. 10:30 Sculpt - Laura C. 12:15 Body Glide -Theresa 6:00 Step- Lynette 7:00 All Core-Theresa</p>	<p>29 8:30- Yoga- Michelle 12:15- Sculpt- Laura C</p>	<p>30 9am- Zumba -Michelle 9:45- Yoga- Michelle</p>

AUGUST GROUP X SCHEDULE

