



August 2019 Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	29 HIIT 5:30PM (Stephanie) *BCOT 6:30PM (Stephanie)	30 Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Diana)	31 Zumba Dance 5:30PM (Vickie)	1 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Diana)	2 Morning Gentle Yoga 9AM (Diana)	3
4	5 29 HIIT 5:30PM (Stephanie) *BCOT 6:30PM (Stephanie)	6 Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	7 Zumba Dance 5:30PM (Vickie)	8 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	9 Morning Gentle Yoga 9AM (Denise)	10
11	12 29 HIIT 5:30PM (Stephanie) *BCOT 6:30PM (Stephanie)	13 Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	14 Zumba Dance 5:30PM (Vickie)	15 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Denise)	16 Morning Gentle Yoga 9AM (Denise)	17
18	19 29 HIIT 5:30PM (Stephanie) *BCOT 6:30PM (Stephanie)	20 Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Denise)	21 Zumba Dance 5:30PM (Vickie)	22 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Diana)	23 Morning Gentle Yoga 9AM (Diana)	24
25	26 29 HIIT 5:30PM (Stephanie) *BCOT 6:30PM (Stephanie)	27 Zumba Toning 5:30PM (Teri) Yoga 6:30PM (Diana)	28 Zumba Dance 5:30PM (Vickie)	29 HIIT 5:30PM (Stephanie) Gentle Yoga 6:30PM (Diana)	30 Morning Gentle Yoga 9AM (Diana)	31

*BCOT Boot Camp/Obstacle Training

Diana subbing for Denise July 30, Aug. 1st & 2nd