


Workouts Unlimited Group X Classes August 2022

Check website www.workoutsunlimited.com
for updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:30am- Spin-Amy 10:15am-SS Combo-Amy 4:00pm-Sculpt-Kadi 5:30pm- Yoga- Lis	2 5:00am- Spin-Kadi 8:30am-Sculpt-Amy 9:30am-Yoga- Kadi 5:30-Power/ Sculpt-Juan	3 8:30am- TRX-Kadi 9:30am-SS Combo-Kadi 4:00pm- Spin- Abby 5:30pm-Yoga- Lis	4 5:00am-Sculpt-Kadi 8:30am- Spin Fusion-Amy 4:15pm- Tabata- Courtney	5 5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy	6 7:30am-Spin-Kadi 8:30am- Yoga- Kadi
	8 8:30am- Spin-Amy 10:15am-SS Combo-Amy 4:00pm-Sculpt-Kadi 5:30pm- Yoga- Lis	9 5:00am-Spin-Kadi 8:30am-Sculpt-Amy 9:30am-Yoga- Kadi 5:30-Power/ Sculpt-Juan	10 8:30am- TRX-Kadi 9:30am-SS Combo-Kadi 4:00pm- Spin- Abby 5:30pm-Yoga- Kadi	11 5:00am-Sculpt-Kadi 8:30am- Spin Fusion-Amy 4:15pm- Tabata- Courtney	12 5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy	13 7:30am- Spin-Kadi 8:30am- Yoga- Kadi
	15 8:30am- Spin-Amy 10:15am-SS Combo-Amy 4:00pm-Sculpt-Kadi 5:30pm- Yoga- Lis	16 5:00am- Spin-Kadi 8:30am-Sculpt-Amy 9:30am-Yoga- Kadi 5:30-Power/ Sculpt-Juan	17 8:30am- TRX- Kadi 9:30am-SS Combo-Kadi 4:00pm- Spin- Abby 5:30pm-Yoga- Lis	18 5:00am-Sculpt-Kadi 8:30am- Spin Fusion-Amy 4:15pm- Tabata- Courtney	19 5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy	20 7:30am- Spin-Kadi 8:30am- Yoga- Kadi
	22 8:30am- Spin-Amy 10:15am-SS Combo-Amy 4:00pm-Sculpt-Kadi 5:30pm- Yoga- Lis	23 5:00am- Spin-Kadi 8:30am-Sculpt-Amy 9:30am-Yoga- Kadi 5:30-Power/ Sculpt-Juan	24 8:30am- TRX-Kadi 9:30am-SS Combo-Kadi 4:00pm- Spin- Abby 5:30pm-Yoga- Lis	25 5:00am-Sculpt-Kadi 8:30am- Spin Fusion-Amy 4:15pm- Tabata- Courtney	26 5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy	27 7:30am-Spin-Kadi 8:30am- Yoga- Kadi
	29 8:30am- Spin-Amy 10:15am-SS Combo-Amy 4:00pm-Sculpt-Kadi 5:30pm- Yoga- Lis	30 5:00am- Spin-Kadi 8:30am-Sculpt-Amy 9:30am-Yoga- Kadi 5:30-Power/ Sculpt-Juan	31 8:30am- TRX-Kadi 9:30am-SS Combo-Kadi 4:00pm- Spin- Abby 5:30pm-Yoga- Lis			

All classes, times and instructors are subject to change and/or cancellation.