

AUGUST GROUP X CLASSES

Check website: www.workoutsunlimited.com for updates!

/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 	29	30	31	1 5:00AM-SCULPT-KADI QUADS/ CHEST 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-KADI 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	2 5:00AM-TRX-KADI 8:30AM-SCULPT-JO 9:15-STRETCH-JO 10:30AM-SS COMBO- ISAIAH	3 5:30AM-SPIN-KADI 8:30AM-YOGA-LIS
4	5 5:30AM-PILATES-JO 8:30AM-SPIN- AMANDA 10:30AM-SS COMBO- SUB 4:00PM-SCULPT-KADI BACK/ HAMS 5:30PM-YOGA-Lis	6 5:00AM-SPIN-KADI 8:30AM-SCULPT- AMANDA 10:00AM-YOGA- LIS 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS- KATIE	7 5:30AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 5:30PM-YOGA-LIS	8 5:00AM-SCULPT-KADI BI'S & TRI'S 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-KADI 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	9 5:00AM-TRX-KADI 8:30AM-SCULPT-JO 9:15-STRETCH-JO 10:30AM-SS COMBO-AMY	10 5:30AM-SPIN-KADI 8:30AM-YOGA-LIS
11	12 5:30AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI SHOULDERS/ INNER 5:30PM-YOGA- KADI	13 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS- KATIE	14 5:30AM-PILATES-JO 8:30AM-TRX- ISAIAH 10:30AM-SS COMBO- ISAIAH 4:30PM-SPIN-AMY 5:30PM-YOGA-LIS	15 5:00AM-SCULPT-KADI LEGS & CORE 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-KADI 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	16 5:00AM-TRX-KADI 8:30AM-SCULPT-JO 9:15-STRETCH-JO 10:30AM-SS COMBO-AMY	17 5:30AM-SPIN-KADI 8:30AM-YOGA-LIS
18	19 5:30AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI OUTTER/ CHEST 5:30PM-YOGA-Lis	20 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS- KATIE	21 5:30AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 5:30PM-YOGA-LIS	22 5:00AM-SCULPT-KADI QUADS/ CHEST 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-KADI 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	23 5:00AM-TRX-KADI 8:30AM-SCULPT-JO 9:15-STRETCH-JO 10:30AM-SS COMBO-AMY	24 5:30AM-SPIN-KADI 8:30AM-YOGA-LIS
25	26 5:30AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI QUADS & TRI'S 5:30PM-YOGA- JO	27 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH 6:30PM-HIGH FITNESS- KATIE	28 5:30AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 4:30PM-SPIN-AMY 5:30PM-YOGA-LIS	29 5:00AM-SCULPT-KADI BI'S & TRI'S 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-KADI 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE	30 5:00AM-TRX-KADI 8:30AM-SCULPT-JO 9:15-STRETCH-JO 10:30AM-SS COMBO-AMY	31 5:30AM-SPIN-KADI 8:30AM-YOGA-LIS

ALL CLASSES TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.