

AUGUST 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		28		July 30 th 5:00AM-SCULPT-KAYLEE NO CLASSES	July 31 st 5:00AM-SPIN-AMANDA 8:30AM-SCULPT-AMANDA 9:15AM STRETCH-JO 10:00AM-SS COMBO-AMY	1 8:30AM-YOGA-LIS
2	3 5:00AM SCULPT - KAYLEE CORE/SHOULDERS 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM CIRCUIT TRAINING-RICARDO 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	4 5:00AM-SPIN-AMANDA 8:30AM-SCULPT-AMY 10:00AM-YOGA-LIS 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	5 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-KAYLEE 4:30PM-SCULPT - AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- KATIE	6 5:00AM-SCULPT-KAYLEE INNER/TRIS 8:30AM-SPIN FUSION-AMY 5:00PM-SCULPT-HEATHER	7 5:00AM-SPIN-AMANDA 8:30AM-SCULPT-AMANDA 9:15AM STRETCH-JO 10:00AM-SS COMBO-JO	8 8:30AM-YOGA-LIS
9	10 5:00AM SCULPT - KADI QUADS/ARMS 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM CIRCUIT TRAINING-RICARDO 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	11 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	12 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-KAYLEE 4:30PM-SCULPT - AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- KATIE	13 5:00AM-SCULPT-KADI OUTTER/CHEST 8:30AM-SPIN FUSION-AMY 5:00PM-SCULPT-HEATHER	14 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 9:15AM STRETCH-JO 10:00AM-SS COMBO-JO	15 8:30AM-YOGA-LIS
16	17 5:00AM SCULPT - KADI INNER/SHOULDERS 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM CIRCUIT TRAINING-RICARDO 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- RACHELLE	18 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	19 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-AMANDA 4:30PM-SCULPT - AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS- KATIE	20 5:00AM-SCULPT-KADI HAMS/BACK 8:30AM-SPIN FUSION-AMY 5:00PM-SCULPT-HEATHER	21 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 9:15AM STRETCH-JO 10:00AM-SS COMBO-AMY	22 8:30AM-YOGA-CANDICE
23	24 5:00AM SCULPT - KADI MUSCLE GROUPS? 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM CIRCUIT TRAINING-RICARDO 5:30PM-YOGA-BAILEY 6:45PM-HIGH FITNESS- RACHELLE	25 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	26 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-AMANDA 4:30PM-SCULPT - AMY 5:30PM-YOGA-KADI 6:45PM-HIGH FITNESS- KATIE	27 5:00AM-SCULPT-KADI QUADS/ARM 8:30AM-SPIN FUSION-AMY 5:00PM-SCULPT-HEATHER	28 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 9:15AM STRETCH-JO 10:00AM-SS COMBO-AMY	29 8:30AM-YOGA-LIS
30	31 5:00AM SCULPT - KADI MUSCLE GROUPS? 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 4:00PM CIRCUIT TRAINING-RICARDO 5:30PM-YOGA-BAILEY 6:45PM-HIGH FITNESS- RACHELLE					