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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| AUGUST 14 | AUGUST 15 | AUGUST 16 | AUGUST 17 | AUGUST 18 |
|  | **SPIN\*\*****ANDREA****6:30 -7:30** |  | **SPINERVAL\*\*****ANDREA****6:25 -7:25** |  |
|  |  |  | **HATHA YOGA****KATHI****7:30-8:30** |  |
| **VINYASA YOGA****LAUREN****11:00-12:00** | **BOOTCAMP****DAMON****11:30-12:00** | **ZUMBA****LAUREN****11:25 -12:10** | **STEP****JAMIE****11:30-12:15** | **STEP****JAMIE** **11:30-12:15** |
| **GINA** **Zumba****12:15-12:45** | **PILATES****LAUREN** **12:05- 12:45** | **CUTTIN UP****CAROLE****12:15 – 1:00** | **BODY CHALLENGE****DAMON****12:20-12:50** |  |
|  | **DYNAMIC YOGA****STEVE****4:25-5:25** |  | **PILATES****LAUREN****4:25-4:55** |  |
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