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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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