



AUGUST 2021 GROUP FITNESS SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	6:00PM BodyAttack Denisse	6:00 AM BODYPUMP TAMEKA		6:00 AM BODYPUMP TRISHA	6:00 AM CYCLE TAMEKA	8:30 AM BODYPUMP (TAMEKA)
5:00 PM			6:00 PM BODYPUMP TRACEY			10:30 AM Vinyasa Yoga Jill
5:30PM		5:00 PM VINYASA YOGA JILL			5:30 PM BODYPUMP CHRIS	
6:00PM	6:00 PM BodyAttack Denisse			6:00 PM BODYCOMBAT JEN		