



AUGUST 2022 GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 AM BODY PUMP W/ TAMEKA		6:00 AM BODY PUMP W/ TRISHA	6:00 AM CYCLE W/ TAMEKA	8:30 AM BODYPUMP W/ TAMEKA
5:00PM YOGA W/ JILL			5:00 PM YOGA W/ JILL		
6:00 PM BODY ATTACK W/ DENISSE	6:00 PM ZUMBA W/YVONNE	6:00 PM BODY PUMP W/ TRACEY	6:00 PM BODY COMBAT W/ JOEL&JENN	5:30 PM BODYPUMP W/ CHRISTY	