

August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 6:00pm- Body Works Boot Camp 7:00pm- Mixedfitt 8:00pm- Drop a Dress Size Boot Camp	2 7:00pm- Line Dancing	3 8:30am- Rise & Grind Boot Camp 9:30am-Zumba 10:30am- Shred & Burn
4	5 6:00pm- Jump 7:00pm- Strong by Zumba 8:00pm- Commit	6 6:00pm- Cardio Blast 7:00pm- Shred & Burn 8:00pm- Drop a Dress Size Boot Camp	7 6:00pm- Butt & Guts 7:00pm- Cardio Kickboxing 8:00pm- Cranked Up Cardio Jordan's Birthday	8 6:00pm- Body Works Boot Camp 7:00pm- Mixedfitt 8:00pm- Drop a Dress Size Boot Camp	9 No Classes	10 No Classes
11	12 6:00pm- Jump 7:00pm- Strong by Zumba 8:00pm- Commit	13 6:00pm- Cardio Blast 7:00pm- Shred & Burn 8:00pm- Drop a Dress Size Boot Camp	14 6:00pm- Butt & Guts 7:00pm- Cardio Kickboxing 8:00pm- Cranked Up Cardio	15 6:00pm- Body Works Boot Camp 7:00pm- Mixedfitt 8:00pm- Drop a Dress Size Boot Camp	16 7:00pm- Line Dancing	17 8:30am- Rise & Grind Boot Camp 9:30am-Zumba 10:30am- Shred & Burn
18	19 6:00pm- Jump 7:00pm- Strong by Zumba 8:00pm- Commit	20 6:00pm- Cardio Blast 7:00pm- Shred & Burn 8:00pm- Drop a Dress Size Boot Camp	21 6:00pm- Butt & Guts 7:00pm- Cardio Kickboxing 8:00pm- Cranked Up Cardio	22 6:00pm- Body Works Boot Camp 7:00pm- Mixedfitt 8:00pm- Drop a Dress Size Boot Camp	23 No Classes	24 8:30am- Rise & Grind Boot Camp 9:30am-Zumba 10:30am- Shred & Burn
25	26 6:00pm- Jump 7:00pm- Strong by Zumba 8:00pm- Commit	27 6:00pm- Cardio Blast 7:00pm- Shred & Burn 8:00pm- Drop a Dress Size Weigh In	28 6:00pm- Butt & Guts 7:00pm- Cardio Kickboxing 8:00pm- Cranked Up Cardio	29 6:00pm- Body Works Boot Camp 7:00pm- Mixedfitt 8:00pm- Drop a Dress Size Weigh In	30 No Classes	31 8:30am- Rise & Grind Boot Camp 9:30am-Zumba 10:30am- Shred & Burn