



August 2017

		1 5:45am Bootcamp Espresso 9:00am Bootcamp 5:00pm Bootcamp 6:00pm Kickboxing	2 9:00am Bootcamp 5:00pm Bootcamp 6:00pm Bootcamp	3 5:45am Spin 5:00pm Chaotic Cardio 6:00pm Iso-Tone	4 5:45am Bootcamp Espresso 9:00am Bootcamp 4:00pm Bootcamp	5 8:00am PreGame
6	7 9:00am KickBoxing 5:00pm Iso-Tone 6:00pm Iso-Tone	8 5:45am Bootcamp Espresso 9:00am Rack It Up 5:00pm Kickboxing 6:00pm Rack It Up Lori-Ann's Birthday Workout 	9 9:00am Bootcamp 5:00pm Bootcamp 6:00pm Bootcamp	10 5:45am Spin 5:00pm Chaotic Cardio 6:00pm Iso-Tone	11 5:45am Bootcamp Espresso 9:00am Bootcamp 4:00pm Bootcamp	12 8:00am PreGame
13	14 9:00am KickBoxing 5:00pm Bootcamp 6:00pm Bootcamp	15 5:45am Bootcamp Espresso 9:00am Bootcamp 5:00pm Bootcamp 6:00pm Kickboxing	16 9:00am Bootcamp 5:00pm Bootcamp 6:00pm Bootcamp	17 5:45am Spin 5:00pm Chaotic Cardio 6:00pm Iso-Tone	18 5:45am Bootcamp Espresso 9:00am Bootcamp 4:00pm Bootcamp	19 8:00am PreGame
20	21 9:00am KickBoxing 5:00pm Iso-Tone 6:00pm Iso-Tone	22 5:45am Bootcamp Espresso 9:00am Rack It Up 5:00pm Kickboxing 6:00pm Rack It Up	23 9:00am Bootcamp 5:00pm Bootcamp 6:00pm Bootcamp	24 5:45am Bootcamp Espresso 5:00pm Chaotic Cardio 6:00pm Iso-Tone	25 5:45am Bootcamp Espresso 9:00am Bootcamp 4:00pm Bootcamp	26 8:00am PreGame
27	28 9:00am KickBoxing 5:00pm Bootcamp 6:00pm Bootcamp	29 5:45am Bootcamp Espresso 9:00am Bootcamp 5:00pm Bootcamp 6:00pm Kickboxing	30 9:00am Bootcamp 5:00pm Bootcamp 6:00pm Bootcamp	31 5:45am Spin 5:00pm Chaotic Cardio 6:00pm Iso-Tone	<u>Please Note:</u> See Office for Jumping Fitness Times	<u>Please Note:</u> Schedules can change monthly per signed agreement