

# AUGUST 1-13 GROUP EXERCISE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>6:15 AM</b>	Move It(C)/Michaela	BodyPump(B)/Jaclyn	Move It(C)/Jay	BodyPump(B)/Jaclyn		
<b>10:00 AM</b>						
<b>RM A</b>						
<b>RM B</b>						BodyPump/Megan
<b>RM C</b>				Battle Fit/Michaela		
<b>11:00 AM</b>						
<b>RM A</b>						
<b>RM B</b>						BodyAttack/Megan
<b>RM C</b>		Move It/Seth				
<b>5:30 PM</b>						
<b>RM A</b>		Power Yoga/Ryan W.	Spinning/Scott	Zumba/Katie		
<b>RM B</b>	BodyAttack/Megan					
<b>RM C</b>						
<b>6:00 PM</b>			CXWORX(B)/Jen Mac			
<b>6:40 PM</b>						
<b>RM A</b>	Spinning/Scott					
<b>RM B</b>		BodyPump/Kylie	BOSU/Jen Mac	BodyPump/Kylie		
<b>RM C</b>						
<b>7:50 PM</b>						
<b>RM A</b>						
<b>RM B</b>						
<b>RM C</b>						

## Class Cancellations

BodyAttack: Monday, August 7th @ 5:30 p.m. replaced with BOSU