



AUGUST WEEKEND SCHEDULE

Saturday	3	10	17	24	31
GROUP EX					
7:30 SHRED	Leah	Heather	Heather	Leah	Kelly
8:15 LES MILLS BODYPUMP	Kim	Stephanie	Kim	Nancy	Cammie
9:15 LES MILLS CXWORX	Kaitlyn	Stephanie	Kelly	Nancy	Cammie
10:00 CARDIO ROTATION	 ZUMBA Darby	LES MILLS BODYATTACK Teresa R.	LES MILLS BODYATTACK Kelly	LES MILLS BODYCOMBAT Saana	 ZUMBA Darby
11:15 <i>Sr Cardio Dance</i>	Teresa	Teresa	Teresa	Teresa	Teresa
8:15 SPIN	Kaitlyn	Angie	Amy Higg	Owenne	Lacey
9:30 Aqua Rotation	DWR Amy	<i>Aqua Fit</i> Jennifer	<i>Aqua Fit</i> Jennifer	<i>Aqua Fit</i> Julia	DWR Rob
Sunday	4	11	18	25	9/1
1:30 Step Express	Mechelle	Mechelle	Mechelle	Mechelle	Mechelle
2:00 Deep Water Running	Jennifer	Jennifer	Jennifer	Jennifer	Jennifer
2:30 LES MILLS BODYPUMP	Pam	Heather	Heather	Morgan	Heather
3:30 Yoga	Jennifer	Jennifer	Jennifer	Jennifer	Jennifer

