



AUGUST GROUP FITNESS

Monday

Core Blaster
6:30-7:00
Matt

Pilates
11:30-12:15
Anna

Tuesday

Total Body Pump
6:30-7:15
Matt

Total Body Pump
11:30-12:15
Robert

Vinyasa Yoga
12:30-1:15
Erica

Wednesday

Sunrise Yoga
6:30-7:15
Paula

BURNOUT
Bootcamp
11:30-12:15
Matt + Robert

Vinyasa Yoga
12:30-1:15
Paula

BURNOUT
Bootcamp
5:15-5:45
Robert

Thursday

BURNOUT
Bootcamp
6:30-7:20
Matt

Core Blaster
11:30-12:15
Robert

Yoga Sculpt
12:30-1:15
Anna

