



August



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Core Cardio 5:30am Cardio Strength 7:00am Better Balance 9:00am Intervals 5:00pm	2 Spin 5:30am Sculpt 7:00am (at Pool)	3
4	5 Just Pump Hiit 5:30am Walk Fit Lite 9:00am 5:00pm Beginner Spin Dance Spin 6:15pm	6 Core Cardio 5:30am Water aerobics (Canby Inn) 7:00am Spin 5:30pm	7 Just Pump Hiit 5:30am Bootcamp 7:00am Bosu/Spin 5:00pm	8 Core Cardio 5:30am Cardio Strength 7:00am Better Balance 9:00am Intervals 5:00pm	9 Spin 5:30am Sculpt 7:00am (at Pool)	10
11	12 Just Pump Hiit 5:30am Walk Fit Lite 9:00am 5:00pm Beginner Spin Dance Spin 6:15pm	13 Core Cardio 5:30am Water aerobics (Canby Inn) 7:00am Spin 5:30pm	14 Just Pump Hiit 5:30am Bootcamp 7:00am Bosu/Spin 5:00pm	15 Core Cardio 5:30am Cardio Strength 7:00am Better Balance 9:00am Intervals 5:00pm	16 Spin 5:30am Sculpt 7:00am (at Pool)	17
18	19 Just Pump Hiit 5:30am Walk Fit Lite 9:00am 5:00pm Beginner Spin Dance Spin 6:15pm	20 Core Cardio 5:30am Water aerobics (Canby Inn) 7:00am Spin 5:30pm	21 Just Pump Hiit 5:30am Bootcamp 7:00am Bosu/Spin 5:00pm	22 Core Cardio 5:30am Cardio Strength 7:00am Better Balance 9:00am Intervals 5:00pm	23 Spin 5:30am Sculpt 7:00am (at Pool)	24
25	26 Just Pump Hiit 5:30am Walk Fit Lite 9:00am 5:00pm Beginner Spin Dance Spin 6:15pm	27 Core Cardio 5:30am Water aerobics (Canby Inn) 7:00am Spin 5:30pm	28 Just Pump Hiit 5:30am Bootcamp 7:00am Bosu/Spin 5:00pm	29 Core Cardio 5:30am Cardio Strength 7:00am Better Balance 9:00am Intervals 5:00pm	30 Spin 5:30am Sculpt 7:00am (at Pool)	31