

August Fitness Classes



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 0900-Body Blast (Brian) 10:15-Yoga Tune Up (Linda) 1200- Body Blast 30 Min Workout (Brian/Michelle) 1730-Yoga Tune-up (Linda)	2 0900- Zumba (Sonoko) 1200- Kickboxing (Brian / Michelle) 1630-Hybrid boot camp (Brian)	3 09:00-Body Blast (Brian / Michelle) 1200- Body Blast 30 Min Workout (Brian/Michelle)	4
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2018

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