

Downstairs Schedule

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 12:10 H.I.I.T Michelle	4 9:00 Aqua Zumba Lori
5	6 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	7 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	8 5:15 am MX Terry 12:10 Sorry....No class today! Happy Birthday Michelle 	9 12:10 Cut-N-Tone Michelle	10 12:10 H.I.I.T Michelle	11 9:00 Aqua Zumba Lori
12	13 5:15 am Muscle X Terry 12:10 Circuit Training:Joanna 5:45 Zumba Alana	14 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	15 5:15 am MX Terry 12:10 Step & Spin Michelle	16 12:10 Cut-N-Tone Michelle	17 12:10 H.I.I.T. Michelle	18 Sorry...No Aqua Zumba Today
19	20 5:15 am Muscle X Terry 12:10 Circuit Training: Michelle 5:45 Zumba Sam	21 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	22 5:15 am MX Terry 12:10 Step & Spin Michelle	23 12:10 Cut-N-Tone Michelle	24 12:10 H.I.I.T. Michelle	25 9:00 Aqua Zumba Lori
26	27 5:15 am Muscle X Terry 12:10 Circuit Training: Meredith 5:45 Zumba Alana	28 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	29 5:15 am MX Terry 12:10 Step & Spin Michelle	30 12:10 Cut-N-Tone Michelle	31 12:10 H.I.I.T. Michelle	