

August 2026 Class Schedule

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
8:00am - 9:00 ish		MUSCLE MONDAY				KICKBOXING!	
8:00am-9:15am				WORKOUT WEDNESDAY!			SATURDAY SHOWDOWN!(No live class 8/8, 8/22)
9:00am - 10:00am					TOTAL BARRE THURSDAY!		
9:15am - 10:15am			BOOT CAMP (11/25) Trampoline Tuesday (4/18)				
4:30-5:30pm		VIRTUAL CLASS	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym		
5:45pm - 6:45pm							