

# AUGUST

*be good to yourself*

	MON	TUE	WED	THU	FRI	SAT
5:45	BAR 2 BAR	BAR 2 BAR	BAR 2 BAR	BAR 2 BAR	BAR 2 BAR	INSTRUCTORS CHOICE: 8:00AM
6:30	CIRCUIT/I/N	CIRCUIT/AH	-----	CIRCUIT/I/N	CIRCUIT/AH	
8:00	ZUMBA		TRX		TRX	
8:30	POUND 8:45					
4:00	<b>OPEN FLOOR</b>	<b>OPEN FLOOR</b>	<b>OPEN FLOOR</b>	<b>OPEN FLOOR</b>		
5:00	CIRCUIT/MATT	CIRCUIT/I/N	CIRCUIT/MATT	CIRCUIT/AH		
5:30						
5:35	ZUMBA BURST	ZUMBA BURST	ZUMBA BURST	CORE		
6:00						
6:15						

**WE WILL HAVE A DEMO OF TRAIN DIRTY KICK AT 6:00PM ON MON AUG 9 AND WED AUG 11!**

**MONDAY, JULY 31 THERE IS NO ZUMBA AND POUND, IT WILL BE TRX AT 8:00AM**

**WEDNESDAY, AUGUST 2 THERE IS NO TRX CLASS.**