

# August



# 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 0830 Seymour Muscle* 1130 ZUMBA	2	3
4	5	6 0600 Power Hour* 0830 Seymour Muscle* 1130 YOGA	7 1130 Power Hour* 1800 YOGA	8 0830 Seymour Muscle* 1130 ZUMBA	9	10
11	12	13 0600 Power Hour* 0830 SEYMOUR MUSCLE* 1130 YOGA	14 1130 Power Hour* 1800 YOGA	15 0830 Seymour Muscle* 1130 ZUMBA	16	17
18	19 11:30 Stretch Zone	20 0600 Power Hour* 0830 SEYMOUR MUSCLE* 1130 YOGA	21 1130 Power Hour* 1800 YOGA	22 0830 Seymour Muscle* 1130 ZUMBA	23	24
25	26 11:30 Stretch Zone	27 0600 Power Hour* 0830 SEYMOUR MUSCLE* 1130 YOGA	28 1130 Power Hour* 1800 YOGA	29 0830 Seymour Muscle* 1130 ZUMBA	30	31

\*FITNESS IMPROVEMENT(FIP) CLASS