



August 2017



Fitness for Women

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
						Hours By Appointment
6	7	8	9	10	11	12
8 AM Yoga (Co-Ed)		Spa Afternoon 4-7PM		6:15 PM Cardio Sculpt		Hours By Appointment
13	14	15	16	17	18	19
				6:15 PM Cardio Sculpt		Hours By Appointment
20	21	22	23	24	25	26
8 AM Yoga (Co-Ed)				6:15 PM Cardio Sculpt		Hours By Appointment
27	28	29	30	31		
8 AM Yoga (Co-Ed)				6:15 PM Cardio Sculpt		