

August 2017 Group Fitness

Hours of Operation
0500-2100 Mon-
Thurs
0500-1900 Fri

Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1 0930-Super Tone-Sharon</p> <p>1730-REFIIT-Cara</p>	<p>2 1100-Yoga-Amanda</p> <p>1730-TRX HIIT-Sara</p>	<p>3 930-Mommy Boot Camp-Sharon</p> <p>1100-Spin-Robert</p> <p>1730-Zumba-Elizabeth</p>	<p>4 No Class</p> <p>Frontiercade @ 0600!</p>
<p>7 1100-Spin-Robert</p> <p>1730-Cardio Kickboxing-Pam</p>	<p>8 0930-Super Tone-Sharon</p> <p>1730-REFIIT-Cara</p>	<p>9 1100-Yoga-Amanda</p> <p>1730-TRX HIT-Sara</p>	<p>10 930-Mommy Boot Camp-Sharon</p> <p>1100 Spin-Robert</p> <p>1730-Zumba-Elizabeth</p>	<p>11 1100-Pilates-Lucy</p> <p>Alpha Warrior @ 1630!</p>
<p>14 1100-Spin-Robert</p> <p>1730-Cardio Kickboxing-Pam</p>	<p>15 0930-Super Tone-Sharon</p> <p>1730-REFIIT-Cara</p>	<p>16 1100-Yoga-Amanda</p> <p>1730-TRX HIT-Sara</p>	<p>17 930-Mommy Boot Camp-Sharon</p> <p>1100 Spin-Robert</p> <p>1730-Zumba-Elizabeth</p>	<p>18 1100-Pilates-Lucy</p>
<p>21 1100-Spin-Robert</p> <p>1730-Cardio Kickboxing-Pam</p>	<p>22 0930-Super Tone-Sharon</p> <p>1730-REFIIT-Cara</p>	<p>23 1100-Yoga-Amanda</p> <p>1730-TRX HIT-Sara</p>	<p>24 930-Mommy Boot Camp-Sharon</p> <p>1100 Spin-Robert</p> <p>1730-Zumba-Elizabeth</p>	<p>25 1100-Pilates-Lucy</p>
<p>28 1100-Spin-Robert</p> <p>1730-Cardio Kickboxing-Pam</p>	<p>29 0930-Super Tone-Sharon</p> <p>1730-REFIIT-Cara</p>	<p>30 1100-Yoga-Amanda</p> <p>1730-TRX HIT-Sara</p>	<p>31 930-Mommy Boot Camp-Sharon</p> <p>1100 Spin-Robert</p> <p>1730-Zumba-Elizabeth</p>	

If you have any questions please call Freedom Hall at 773-6199