



AUGUST 2026

First Thing Friday
6am trial classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:15am Spin w/ Brad 9:15am HIIT-45 w/ David
2	3 8:30am Step & Strength w/ Diana 5:30pm Spin w/ Brad	4 8:30am 20/20/20 TRX w/ Hope 5:30pm Yoga w/ Ann-Marie	5 8:30am Low-Impact Cardio & Core w/ Diana 5:30pm Spin w/ Brad	6 8:30am 20/20/20 Cycle w/ Hope 5:30pm Zumba + Lift w/ Carol	7 8:00am Barre w/ Cirila 9:15am Slow Flow Yoga w/ Cirila	8 8:15am Spin w/ Cirila 9:15am Barre w/ Cirila
9	10 8:30am Step & Strength w/ Diana 5:30pm Spin w/ Brad	11 8:30am 20/20/20 TRX w/ Hope 5:30pm Yoga w/ Ann-Marie	12 8:30am Low-Impact Cardio & Core w/ Diana 5:30pm Spin w/ Brad	13 8:30am 20/20/20 Cycle w/ Hope 5:30pm Zumba + Lift w/ Carol	14 6:00am HIIT-45 w/ David 8:00am TRX w/ Hope 9:15am Slow Flow Yoga w/ Cirila	15 8:15am Spin w/ Brad 9:15am HIIT-45 w/ David
16	17 8:30am Step & Strength w/ Diana 5:30pm Spin w/ Brad	18 8:30am 20/20/20 TRX w/ Hope 5:30pm Yoga w/ Ann-Marie	19 8:30am Low-Impact Cardio & Core w/ Diana 5:30pm Spin w/ Brad	20 8:30am 20/20/20 Cycle w/ Hope 5:30pm Zumba + Lift w/ Carol	21 8:00am TRX w/ Hope 9:15am Slow Flow Yoga w/ Cirila	22 8:15am Spin w/ Cirila 9:15am Slow Flow Yoga w/ Cirila
23	24 8:30am Step & Strength w/ Diana 5:30pm Spin w/ Brad	25 8:30am 20/20/20 TRX w/ Hope 5:30pm Yoga w/ Ann-Marie	26 8:30am TRX w/ Hope 5:30pm Spin w/ Brad	27 8:30am 20/20/20 Cycle w/ Hope 5:30pm Zumba + Lift w/ Carol	28 6:00am Spin w/ Brad 8:00am HIIT-45 w/ David 9:15am Slow Flow Yoga w/ Hope	29 8:15am Spin w/ Brad 9:15am HIIT-45 w/ David
30	31 8:30am Step & Strength w/ Diana 5:30pm Spin w/ Brad					