



AUGUST GX SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15 AM							
8:30 AM				BODY PUMP Katie		HIGH FITNESS Brianna	HIGH FITNESS Mina
9:15 AM			Stretch & Recover Brianna (Yoga Studio)				
9:30 AM		BODY PUMP Katie	Les Mills CORE Melissa L	HIGH FITNESS Melleny	Les Mills CORE Janelle	BODY PUMP Janelle	
10:30 AM		HIGH FITNESS Brianna					
11:00 AM			AQUA Angie	AQUA Elizabeth	AQUA Alma	AQUA Monica	AQUA Rotating Instructor
5:15 PM		ABS & BOOTY (30 min) Nikki (GX Room)			LES MILLS CORE (30 min) Sharon		
5:45 PM			HIGH FITNESS Rotating Instructor	BODY PUMP Melissa L	HIGH FITNESS Melleny		
6:00 PM		BODY PUMP Christy AQUA Rotating Instructor					