

August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1</p> <p>9:00-9:30 CHAIR STRETCH 9:30-10:00 CHAIR MUSCLE by Peggy</p> <p>4:30-5:30 NO CLASS THIS WEEK</p>	<p>2</p> <p>9:00-9:30 ADVANCED STEP</p> <p>9:30-10:00 POWERSCULPT</p> <p>10:00-10:30 YOGA by Peggy</p> <p>5:00-5:45 POWERSCULPT by Kyoko</p>	<p>3</p> <p>7:00-8:00 YOGA by Kyoko</p> <p>8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH by Jeanne</p> <p>4:00-4:45 YOGA by Kyoko</p> <p>4:30-5:30 DROP IN CIRCUIT by Steve</p>	<p>4</p> <p>9:00-9:30 ADVANCED STEP</p> <p>9:30-10:00 POWERSCULPT</p> <p>10:00-10:30 YOGA by Peggy</p> <p>5:00-5:45 BARRE by Nat</p>	<p>5</p> <p>7:00-8:00 YOGA by Kyoko</p> <p>9:00-10:00 BARRE by Nat</p> <p>NO EVENING CLASS</p>	<p>6</p> <p>8:00-8:45 YOGA by Kyoko</p> <p>9:00-9:45 POWERSCULPT by Peggy</p>
<p>7</p> <p>CLOSED</p>	<p>8</p> <p>9:00-10:00 BARRE by Nat</p> <p>4:30-5:30 DROP IN CIRCUIT by Steve</p>	<p>9</p> <p>9:00-9:30 ADVANCED STEP</p> <p>9:30-10:00 POWERSCULPT</p> <p>10:00-10:30 YOGA by Peggy</p> <p>5:00-5:45 POWERSCULPT by Kyoko</p>	<p>10</p> <p>7:00-8:00 YOGA by Kyoko</p> <p>8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH by Jeanne</p> <p>4:00-4:45 YOGA by Kyoko</p> <p>4:30-5:30 NO CLASS THIS WEEK</p>	<p>11</p> <p>9:00-9:30 ADVANCED STEP</p> <p>9:30-10:00 POWERSCULPT</p> <p>10:00-10:30 YOGA by Peggy</p> <p>5:00-5:45 POUND FIT by Justin</p>	<p>12</p> <p>7:00-8:00 YOGA by Kyoko</p> <p>9:00-9:30 CHAIR STRETCH</p> <p>9:30-10:00 CHAIR MUSCLE by Peggy</p> <p>NO EVENING CLASS</p>	<p>13</p> <p>8:00-8:45 YOGA by Kyoko</p> <p>9:00-9:45 POWERSCULPT by Kyoko</p>
<p>14</p> <p>CLOSED</p>	<p>15</p> <p>9:00-10:00 BARRE by Nat</p> <p>4:30-5:30 DROP IN CIRCUIT by Justin</p>	<p>16</p> <p>9:00-9:30 ADVANCED STEP</p> <p>9:30-10:00 POWERSCULPT</p> <p>10:00-10:30 YOGA by Peggy</p> <p>5:00-5:45 POWERSCULPT by Kyoko</p>	<p>17</p> <p>7:00-8:00 YOGA by Kyoko</p> <p>8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH by Jeanne</p> <p>4:00-4:45 YOGA by Kyoko</p> <p>4:30-5:30 DROP IN CIRCUIT by Steve</p>	<p>18</p> <p>9:00-9:30 ADVANCED STEP</p> <p>9:30-10:00 POWERSCULPT</p> <p>10:00-10:30 YOGA by Peggy</p> <p>5:00-5:45 POUND FIT by Justin</p>	<p>19</p> <p>7:00-8:00 YOGA by Kyoko</p> <p>9:00-9:30 CHAIR STRETCH</p> <p>9:30-10:00 CHAIR MUSCLE by Peggy</p> <p>NO EVENING CLASS</p>	<p>20</p> <p>8:00-8:45 YOGA by Kyoko</p> <p>9:00-9:45 POWERSCULPT by Peggy</p>
<p>21</p> <p>CLOSED</p>	<p>22</p> <p>9:00-10:00 BARRE by Nat</p> <p>4:30-5:30 DROP IN CIRCUIT by Steve</p>	<p>23</p> <p>9:00-9:30 ADVANCED STEP</p> <p>9:30-10:00 POWERSCULPT</p> <p>10:00-10:30 YOGA by Peggy</p> <p>5:00-5:45 POWERSCULPT by Kyoko</p>	<p>24</p> <p>7:00-8:00 YOGA by Kyoko</p> <p>8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH by Jeanne</p> <p>4:15-5:00 YOGA by Kyoko</p> <p>4:30-5:30 DROP IN CIRCUIT by Justin</p>	<p>25</p> <p>9:00-9:30 ADVANCED STEP</p> <p>9:30-10:00 POWERSCULPT</p> <p>10:00-10:30 YOGA by Peggy</p> <p>5:00-5:45 BARRE by Nat</p>	<p>26</p> <p>7:00-8:00 YOGA by Kyoko</p> <p>9:00-9:30 CHAIR STRETCH</p> <p>9:30-10:00 CHAIR MUSCLE by Peggy</p> <p>NO EVENING CLASS</p>	<p>27</p> <p>8:00-8:45 NO CLASS THIS WEEK</p> <p>9:00-9:45 KNOCKOUT by Justin</p>
<p>28</p> <p>CLOSED</p>	<p>29</p> <p>9:00-10:00 BARRE by Nat</p> <p>4:30-5:30 DROP IN CIRCUIT by Justin</p>	<p>30</p> <p>9:00-9:30 ADVANCED STEP</p> <p>9:30-10:00 POWERSCULPT</p> <p>10:00-10:30 YOGA by Peggy</p> <p>5:00-5:45 POWERSCULPT by Kyoko</p>	<p>31</p> <p>7:00-8:00 NO CLASS THIS WEEK</p> <p>8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH by Jeanne</p> <p>4:15-5:00 YOGA by Kyoko</p> <p>4:30-5:30 DROP IN CIRCUIT by Steve</p>	<p>Justin will be introducing KNOCKOUT into his Saturday slots. This is a rhythm based cardio class that will get you fit for the fight and have you delivering punches, jabs and knockout blows to help crush</p>		<p>B O X I N G</p>