

2025 AUGUST

AEROBICS CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
					01 9:30 AM Bootcamp	02
03	04 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Spin	05 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	06 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	07 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	08 9:30 AM Bootcamp	09
10	11 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Spin	12 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	13 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	14 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	15 9:30 AM Bootcamp	16
17	18 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Spin	19 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	20 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	21 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	22 9:30 AM Bootcamp	23
24 / 31	25 9:30 AM Bootcamp 11:30 AM HIIT 5:15 PM Spin	26 9:30 AM Flex & Stretch 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	27 9:30 AM Dance & Tone 11:30 AM Flex & Stretch 5:15 PM Spin	28 9:30 AM Power Pump 11:30 AM TBC 5:15 PM HIIT 6:30 PM Zumba	29 9:30 AM Bootcamp	30