

# AUGUST 2017



# CALENDAR

**ACRO YOGA IS BACK! INTRO NIGHT AUGUST 25<sup>TH</sup> 7 – 8:30PM \$15 MEMBERS / \$20 GUESTS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 <i>Spin class changes and additions... new class Thursdays 7:30... see calendar!</i>	31	1 10-11:30am Yoga 1/2 12-1pm Yoga All Levels 5:30-6:45pm Yoga Lvl 2/3 6:15-7:15pm Boxing 7-8:15pm Yoga 2/3 7:30-8:45p Kickboxing	2 7-7:45am TRX 12-1pm Yoga 1/2 4:15-5:15pm Kid Kung Fu 5:30-6:15pm HIIT 6-7pm Adv. Social Dance 6:45-7:45pm Spin 7-8pm Bouldering Class 7-8:30pm Bridges X	3 10-11:30am Yoga 2/3 12-1pm Yoga All Levels 5:30-6:45pm Yoga 2/3 6:15-7:15pm Boxing 7-8pm Pilates 7:30-8:45p Kickboxing	4 7-7:45am TRX 12-1pm Yoga All Levels 4:15-5:15pm Kid Kung Fu 5:30-6:30pm Urbankick 5:30-6:45pm Yoga 2/3 7-8:30pm Bridges X  \$8 Student Friday 4-10pm	5 10:15-11:15am Pilates 10:30-11:45am Kickboxing 11am-12pm Beg. Slackline 11:30-1pm Yoga 2/3
6 9:30-10:30am Qigong 11am-12pm Pilates Intro 12:30-2pm Yoga All Levels 5-6:15pm Yoga 1/2	7 7-7:45am TRX 12-1pm Yoga All Levels 5:30-6:30pm Urbankick 5:45-6:45pm Pilates 6:30-7:30pm Spin 7-8pm Bouldering Class 7-8:15pm Yoga 1/2 7-8:30pm Bridges X	8 10-11:30am Yoga 1/2 12-1pm Yoga All Levels 5:30-6:45pm Yoga Lvl 2/3 6:15-7:15pm Boxing 7-8:15pm Yoga 2/3 7:30-8:45p Kickboxing	9 7-7:45am TRX 12-1pm Yoga 1/2 5:30-6:15pm HIIT 6-7pm Adv. Social Dance 6:45-7:45pm Spin 7-8pm Bouldering Class 7-8:30pm Bridges X	10 10-11:30am Yoga 2/3 12-1pm Yoga All Levels 5:30-6:45pm Yoga 2/3 6:15-7:15pm Boxing 7-8pm Pilates 7:30-8:45p Kickboxing	11 7-7:45am TRX 12-1pm Yoga All Levels 4:15-5:15pm Kid Kung Fu 5:30-6:30pm Urbankick 5:30-6:45pm Yoga 2/3 7-8:30pm Bridges X  \$8 Student Friday 4-10pm	12 10:15-11:15am Pilates 10:30-11:45am Kickboxing 11am-12pm Beg. Slackline 11:30-1pm Yoga 2/3
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27 9:30-10:30am Qigong 11am-12pm Pilates 12:30-2pm Yoga All Levels 5-6:15pm Yoga 1/2	28 7-7:45am TRX 12-1pm Yoga All Levels 5:30-6:30pm Urbankick 5:45-6:45pm Pilates 6-7pm Spin 7-8pm Bouldering Class 7-8:15pm Yoga 1/2 7-8:30pm Bridges X	29 10-11:30am Yoga 1/2 12-1pm Yoga All Levels 5:30-6:45pm Yoga Lvl 2/3 6:15-7:15pm Boxing 7-8:15pm Yoga 2/3 7:30-8:30pm Spin 7:30-8:45p Kickboxing	30 7-7:45am TRX 12-1pm Yoga 1/2 4:15-5:15pm Kid Kung Fu 5:30-6:15pm HIIT 6-7pm Adv. Social Dance 6:30-7:30pm Spin 7-8pm Bouldering Class 7-8:30pm Bridges X	31 10-11:15am Yoga 2/3 12-1pm Yoga All Levels 5:30-6:45pm Yoga 2/3 6:15-7:15pm Boxing 7-8pm Pilates 7:30-8:30pm NEW! Spin 7:30-8:45p Kickboxing	September 1	2