



Adult Classes

AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Lower Body Blaster @ 5:30 AM Kettlebells @ 6:00 PM	2 Strength & Power @ 5:30 AM Functional HIIT @ 6:00 PM	3 Kettlebells @ 5:30 AM Kettlebells @ 6:00 PM	4 Strength & Power @ 5:30 AM Strength & Power @ 6:00 PM	5 Upper Body Blaster @ 5:30 AM	6 No Classes	7 No Classes
8 Lower Body Blaster @ 5:30 AM Kettlebells @ 6:00 PM	9 Strength & Power @ 5:30 AM Functional HIIT @ 6:00 PM	10 Kettlebells @ 5:30 AM Kettlebells @ 6:00 PM	11 Strength & Power @ 5:30 AM Strength & Power @ 6:00 PM	12 Upper Body Blaster @ 5:30 AM	13 No Classes	14 No Classes
15 Lower Body Blaster @ 5:30 AM Kettlebells @ 6:00 PM	16 Strength & Power @ 5:30 AM Functional HIIT @ 6:00 PM	17 Kettlebells @ 5:30 AM Kettlebells @ 6:00 PM	18 Strength & Power @ 5:30 AM Strength & Power @ 6:00 PM	19 Upper Body Blaster @ 5:30 AM	20 No Classes	21 No Classes
22 Lower Body Blaster @ 5:30 AM Kettlebells @ 6:00 PM	23 Strength & Power @ 5:30 AM Functional HIIT @ 6:00 PM	24 Kettlebells @ 5:30 AM Kettlebells @ 6:00 PM	25 Strength & Power @ 5:30 AM Strength & Power @ 6:00 PM	26 Upper Body Blaster @ 5:30 AM	27 No Classes	28 No Classes
29 Lower Body Blaster @ 5:30 AM Kettlebells @ 6:00 PM	30 Strength & Power @ 5:30 AM Functional HIIT @ 6:00 PM	31 Kettlebells @ 5:30 AM Kettlebells @ 6:00 PM				