






# August

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 11AM: Zumba- Ellie 6PM: COMMIT Dance Fitness- Bre  7PM: COMMIT Sculpt- Molly	2	3 9AM: Cycling- Annamarie 9AM: Fitness Bootcamp (turf) 11AM: Fitness Bootcamp: Jeff 1PM: Kids Club- Spencer
4 10AM: Fitness Bootcamp- Devon (turf) 10AM: Strong- Renata 11AM: Yoga- Renata 1PM: Kids Camp- Devin 4PM: Cycling- Coach Bae	5 9AM: Cycling- Annamarie 5:30PM: COMMIT Dance Fitness- Tesa and Alex	6 12PM: Pure Strength Training- Theresa 6PM: Commit Dance Fitness- Bre	7 3PM: Cycling- Coach Bae 6PM: Zumba- Ellie	8 11AM: Zumba- Ellie 6PM: COMMIT Dance Fitness- Bre  7PM: COMMIT Sculpt- Molly	9	10 9AM: Cycling- Annamarie 9AM: Fitness Bootcamp (turf) 11AM: Fitness Bootcamp: Jeff 1PM: Kids Club- Spencer
11 10AM: Fitness Bootcamp- Devon (turf) 10AM: Strong- Renata 11AM: Yoga- Renata 1PM: Kids Camp- Devin 4PM: Cycling- Coach Bae	12 9AM: Cycling- Annamarie 5:30PM: COMMIT Dance Fitness- Tesa and Alex	13 12PM: Pure Strength Training- Theresa 6PM: Commit Dance Fitness- Bre	14 3PM: Cycling- Coach Bae 6PM: Zumba- Ellie	15 11AM: Zumba- Ellie 6PM: COMMIT Dance Fitness- Bre  7PM: COMMIT Sculpt- Molly	16	17 9AM: Cycling- Annamarie 9AM: Fitness Bootcamp (turf) 11AM: Fitness Bootcamp: Jeff 1PM: Kids Club- Spencer
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25 10AM: Fitness Bootcamp- Devon (turf) 10AM: Strong- Renata 11AM: Yoga- Renata 1PM: Kids Camp- Devin 4PM: Cycling- Coach Bae	26 9AM: Cycling- Annamarie 5:30PM: COMMIT Dance Fitness- Tesa and Alex	27 12PM: Pure Strength Training- Theresa 6PM: Commit Dance Fitness- Bre	28 3PM: Cycling- Coach Bae 6PM: Zumba- Ellie	29 11AM: Zumba- Ellie 6PM: COMMIT Dance Fitness- Bre  7PM: COMMIT Sculpt- Molly	30	31 9AM: Cycling- Annamarie 9AM: Fitness Bootcamp (turf) 11AM: Fitness Bootcamp: Jeff 1PM: Kids Club- Spencer