


# August

## FITNESS CALENDAR



- <https://www.twitch.tv/millkatyoga>
- <https://twitch.tv/cnhumphrey>
- <https://www.twitch.tv/annfulmer>
- <https://www.zumba.dance/class/livestream/5f242554-45f0-4f4c-ba98-20b70a010b3a> password: 381133

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
	<b>1</b> 10:15am Yoga - Katherine 5:30pm Yoga - Ann	<b>2</b> 8:15 am Pilates - Ansley	<b>3</b> 10:15am Yoga - Katherine 5:30pm Yoga - Ann	<b>4</b> 8:15 am Pilates - Ansley	<b>5</b> / <b>6</b> 4:15pm Yoga - Ann
<b>7</b> 8:15 am Pilates - Ansley	<b>8</b> 10:15am Yoga - Katherine 5:30pm Yoga - Ann	<b>9</b> 8:15 am Pilates - Ansley	<b>10</b> 10:15am Yoga - Katherine 5:30pm Yoga - Ann	<b>11</b> 8:15 am Pilates - Ansley	<b>12</b> / <b>13</b> 4:15pm Yoga - Ann
<b>14</b> 8:15 am Pilates - Ansley	<b>15</b> 10:15am Yoga - Katherine 5:30pm Yoga - Ann	<b>16</b> 8:15 am Pilates - Ansley	<b>17</b> 10:15am Yoga - Katherine 5:30pm Yoga - Ann	<b>18</b> 8:15 am Pilates - Ansley	<b>19</b> / <b>20</b> 4:15pm Yoga - Ann
<b>21</b> 8:15 am Pilates - Ansley	<b>22</b> 10:15am Yoga - Katherine 5:30pm Yoga - Ann	<b>23</b> 8:15 am Pilates - Ansley	<b>24</b> 10:15am Yoga - Katherine 5:30pm Yoga - Ann	<b>25</b> 8:15 am Pilates - Ansley	<b>26</b> / <b>27</b> 4:15pm Yoga - Ann
<b>28</b> 8:15 am Pilates - Ansley	<b>29</b> 10:15am Yoga - Katherine 5:30pm Yoga - Ann	<b>30</b> 8:15 am Pilates - Ansley	<b>31</b> 10:15am Yoga - Katherine 5:30pm Yoga - Ann		