

AUGUST

FITNESS CALENDAR



(V) = Virtual

- <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
1 8:15 am Pilates - Ainsley	2 10:00am Yoga - Katherine 5:30pm Yoga - Ann	3 8:15 am Pilates - Ainsley	4 10:00am Yoga - Katherine 5:30pm Yoga - Ann	5 8:15am Zumba- Candice (V) 8:15 am Pilates - Ainsely	6 7 4:00pm Yoga - Ann (V)
8 8:15 am Pilates - Ainsley	9 10:00am Yoga - Katherine 5:30pm Yoga - Ann	10 8:15 am Pilates - Ainsley	11 10:00am Yoga - Katherine 5:30pm Yoga - Ann	12 8:15am Zumba- Candice (V) 8:15 am Pilates - Ainsley	13 14 4:00pm Yoga - Ann
15 8:15 am Pilates - Ainsley	16 10:00am Yoga - Katherine 5:30pm Yoga - Ann	17 8:15 am Pilates - Ainsley	18 10:00am Yoga - Katherine 5:30pm Yoga - Ann	19 8:15am Zumba- Candice (V) 8:15 am Pilates - Ainsely	20 21 4:00pm Yoga - Ann
22 8:15 am Pilates - Ainsley	23 10:00am Yoga - Katherine 5:30pm Yoga - Ann	24 8:15 am Pilates - Ainsley	25 10:00am Yoga - Katherine 5:30pm Yoga - Ann	26 8:15am Zumba- Candice (V) 8:15 am Pilates - Ainsely	27 28 4:00pm Yoga - Ann
29 8:15 am Pilates - Ainsley	30 10:00am Yoga - Katherine 5:30pm Yoga - Ann	31 8:15 am Pilates - Ainsley			