

August Training Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| <p>6:45-7:30am IN STUDIO: Strength Conditioning</p> | <p>6:45-7:30am IN STUDIO: Members Plus Small Group</p> | | <p>6:45-7:30am IN STUDIO: Strength Conditioning</p> | <p>6:45-7:30am IN STUDIO: Members Plus Small Group</p> | | |
| | | <p>7:00-7:45am PARK: Functional Training</p> | | | | |
| | <p>8:00-8:30am IN STUDIO + LIVE STREAM: AAA 8:30-8:45am IN STUDIO + LIVE STREAM: Functional Stretch</p> | <p>8:15-9am PARK Functional Training</p> | <p>8:00-8:45am PARK Functional Training</p> | <p>8:00-8:45am PARK: Core/Cardio</p> | <p>8:30-9:00am LIVE STREAM- Hiit/Core</p> | |
| | | | | | <p>9:00-9:30am LIVE STREAM- Band Burn</p> | <p>9:00-10:00AM IN STUDIO + LIVE STREAM: Pilates</p> |
| | | <p>10:00-10:45am LIVE STREAM- Strength Conditioning</p> | | <p>10:00-10:45am LIVE STREAM- BarreBurn</p> | | |
| | | | | <p>6:30-7:15 IN STUDIO: Kettle Bell/Core</p> | | |
| <p>7:00-7:45pm PARK: Functional Training</p> | <p>7:00-7:45PM IN STUDIO: BarreMove</p> | <p>7:00-7:45PM IN STUDIO: Strength Conditioning</p> | <p>7:00-7:30PM IN STUDIO: Core Blast</p> | | | |
| | | | <p>7:30-8pm IN STUDIO: Band Burn</p> | | | |