

AUGUST

FITNESS CLASSES WITH DONNA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 YOGA 8:30 - 9:30	2
3	4 YOGA 8:30 - 9:30	5 CIRCUIT 8:30 - 9:30	6 YOGA 8:30 - 9:30 NO SPECIAL COMBO CLASS	7 NO CLASS	8 NO CLASS	9
10	11 YOGA 8:30 - 9:30	12 CIRCUIT 8:30 - 9:30	13 YOGA 8:30 - 9:30 SPECIAL 9:30 - 10:30	14 BOOM 8:30 - 9:30	15 YOGA 8:30 - 9:30	16
17	18 YOGA 8:30 - 9:30	19 CIRCUIT 8:30 - 9:30	20 YOGA 8:30 - 9:30 SPECIAL 9:30 - 10:30	21 BOOM 8:30 - 9:30	22 YOGA 8:30 - 9:30	23
24	25 YOGA 8:30 - 9:30	26 CIRCUIT 8:30 - 9:30	27 YOGA 8:30 - 9:30 SPECIAL 9:30 - 10:30	28 BOOM 8:30 - 9:30	29 YOGA 8:30 - 9:30	30
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