

AUGUST EVENTS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Boxing Series - Advanced 12-12:45PM 💰	2 Sculpt & Burn 9:30AM 🆓	3
4	5 Yoga Sculpt 9:30AM 🆓 Boxing Series 12-12:30PM 🆓 Boxing Series 5:30-6PM 🆓	6 Pilates Sensation 6PM 🆓	7	8 Boxing Series - Advanced 12-12:45PM 💰	9 Sculpt & Burn 9:30AM 🆓	10
11 QiGong Workshop 12-1:30PM \$20/person 💰	12 Yoga Sculpt 9:30AM 🆓 Boxing Series 12-12:30PM 🆓 Boxing Series 5:30-6PM 🆓	13 Pilates Sensation 6PM 🆓	14	15 Ladies' Night at the Spa 5-9PM 💰 Boxing Series - Advanced 12-12:45PM 💰	16 Sculpt & Burn 9:30AM 🆓	17
18	19 Yoga Sculpt 9:30AM 🆓 Boxing Series 12-12:30PM 🆓 Boxing Series 5:30-6PM 🆓	20 Pilates Sensation 6PM 🆓	21	22 Boxing Series - Advanced 12-12:45PM 💰	23 Sculpt & Burn 9:30AM 🆓	24 \$5 smoothies →
25	26 FitnessPalooza 9-11AM 🆓 Yoga Sculpt 9:30AM 🆓 Boxing Series 12-12:30PM 🆓 Boxing Series 5:30-6PM 🆓	27 Men's Night at the Spa 5-9PM 💰 Pilates Sensation 6PM 🆓	28 Pop Up Atlas Class 5-6:30PM with Cory 💰 <i>*Choose your hour timeframe</i>	29 Pop Up Atlas Class 6AM with Scott 💰 Boxing Series - Advanced 12-12:45PM 💰	30 Sculpt & Burn 9:30AM 🆓	31
\$5 smoothies (all smoothies) →						