

AUGUST 2025



Whatever your goal, we can make it happen.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IT'S HAPPENING! SOFT LAUNCH IS THE WEEK OF AUGUST 18TH! WE'RE KEEPING IT FUN, EXCITING, LOWKEY & JUST THE RIGHT AMOUNT OF CHAOS! GET READY FOR SOME SNEAK PEEKS, GOOD VIBES AND A LITTLE TASTE OF A GOOD TIME!					1	2
					5am Strength Kristy 8:30 Tone Kelli 10am SS Deanna	
Class Type BP-BODYPUMP BA-BODYATTACK BC-BODYCOMBAT BF-BODYFLOW SHRED - HIIT Strength SS-SILVER SNEAKERS      	4	5	6	7	8	9
	5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	5am HIIT Kristy 8:30 BA Kelli 5:30 Shred Liz	5am BP Brandy 8:30 Strength Trena 10 SS MiMi 5:30 BP Liz	5am Tone Lindsey 8:30 BF Dee 5:30pm Shred Liz	5am Strength Kristy 8:30 Tone Kelli 10am SS Angie	
	11	12	13	14	15	16
	5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	5am HIIT Kristy 8:30 BA Kelli 5:30 Shred Liz	5am BP Brandy 8:30 Strength Trena 10 SS MiMi 5:30 BP Liz	5am Tone Lindsey 8:30 BF Dee 5:30pm Shred Liz	5am Strength. Kristy 8:30 Tone Kelli 10am Angie	
	18	19	20	21	22	23
	5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	5am HIIT Kristy 8:30 BA Kelli 5:30 Shred Liz	5am BP Brandy 8:30 Strength Trena 10 SS Mimi 5:30 BP Liz	5am Tone Lindsey 8:30 BF Dee 5:30pm Shred Liz	5am Strength Kristy 8:30 Tone Kelli 10am SS Angie	
	25	26	27	28	29	30
	5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	5am HIIT Kristy 8:30 BA Kelli 5:30 Shred Liz	5am BP Brandy 8:30 Strength Trena 10 SS Mimi 5:30 BP Liz	5am Tone Lindsey 8:30 BF Dee 5:30pm Shred Liz	5am Strength. Kristy 8:30 Tone Kelli 10am Angie	