

August Fitness Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:15am Bootcamp	2 8:00 Step w/Style 9:00am Strictly Strength	3
4	5 8:00am Total Tabata 9:00am Core	6 8:15 am Circuit Training	7 8:00am Cardio Dance 9:00am-Barre	8 8:15am Boot Camp	9 8:00 Step w/Style 9:00am Strictly Strength	10
11	12 8:00a Cardio Tabata 9:00am Core	13 8:15am Circuit- Training	14 8:00am Cardio Dance 9:00am- Barre	15 8:15am Bootcamp	16 8:00 Step W/Style 9:00am Strictly strength	17
18	19 8:00am – Cardio Tabata 9:00am - Core	20 8:15am Circuit Training	21 8:00am Cardio Dance 9:00am Barre	22 8:15 Bootcamp	23 8:00 Step w/Style 9:00 Strictly strength	24
25	26 8:00am- Cardio Tabata 9:00am Core	27 8:15am Circuit Training	28 8:00am Cardio Dance 9:00am- Barre	29 8:15 Bootcamp	30 8:00 Step w/Style 9:00 Strictly strength	31

Unlimited Classes Monthly Fee: \$40

Drop-in Rate: \$10 / per class

Contact: Dinapry1@gmail.com

Address: 2064 East Grand Ave

