



# AUGUST 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Please be aware of schedule and/or time changes! Thank You :)</p>			<p>1 <b>Fit Row 5:45A</b> <b>TJQ 9A</b> Jenn Yoga 4:30P JROW 5:45P</p>	<p>2 <b>Boot Camp 6A</b> <b>S. Strength 9A</b> Jenn Yoga 10A TKD 6:30P</p>	<p>3 <b>Fit Row 5:45A</b>  Jenn Yoga 9A</p>	4
5	<p>6 <b>Boot Camp 6A</b> <b>TJQ 9A</b> Open Yoga 10A JROW 6P</p>	<p>7 <b>Boot Camp 6A</b> <b>S. Strength 9A</b>  JROW 5P</p>	<p>8 <b>Fit Row 5:45A</b>  Jenn Yoga 4:30P JROW 5:45P</p>	<p>9 <b>Boot Camp 6A</b> <b>S. Strength 9A</b> Jenn Yoga 10A TKD 6:30P</p>	<p>10 <b>Fit Row 5:45A</b>  Jenn Yoga 9A</p>	11
12	<p>13 <b>Boot Camp 6A</b> <b>TJQ 9A</b> Jenn Yoga 10A</p>	<p>14 <b>Boot Camp 6A</b> <b>S. Strength 9A</b>  JROW 5P</p>	<p>15 <b>Fit Row 5:45A</b> <b>TJQ 9A</b> Jenn Yoga TBA JROW 5:45P</p>	<p>16 <b>Boot Camp 6A</b> <b>S. Strength 9A</b>  TKD 6:30P</p>	<p>17 <b>Fit Row 5:45A</b>  Open Yoga 10A</p>	18
19	<p>20 <b>Boot Camp 6A</b> <b>TJQ 9A</b> Open Yoga 10A</p>	<p>21 <b>Boot Camp 6A</b> <b>S. Strength 9A</b>  JROW 5P</p>	<p>22 <b>Fit Row 5:45A</b> <b>TJQ 9A</b> Jenn Yoga 4:30P JROW 5:45P</p>	<p>23 <b>Boot Camp 6A</b> <b>S. Strength 9A</b>  TKD 6:30P</p>	<p>24 <b>Fit Row 5:45A</b>  Jenn Yoga 9A</p>	25
26	<p>27 <b>Boot Camp 6A</b> <b>TJQ 9A</b> Open Yoga 10A JROW 6P</p>	<p>28 <b>Boot Camp 6A</b> <b>S. Strength 9A</b>  JROW 5P</p>	<p>29 <b>Fit Row 5:45A</b> <b>TJQ 9A</b>  JROW 5:45P</p>	<p>30 <b>Boot Camp 6A</b> <b>S. Strength 9A</b>  TKD 6:30P</p>	<p>31 <b>Fit Row 5:45A</b>  Jenn Yoga 9A</p>	<p><b>Questions/Concerns</b> Contact: Jamie Medina Comm. Health and Wellness Coordinator 507-831-0673</p>