

DYNAMIC & YOGA FITNESS CENTER

August 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		5:45 Strength 8:30 Zumba 9:30 Vinyasa Yoga 12:00 Strength 4:30 Vinyasa Yoga 5:30 Zumba	5:45 Cycling 8:30 Kick it Up 12:00 Slow Flow Yoga 4:30 Strength 5:30 Beginner Barre 6:30 Total Body Fitness	8:30 Zumba 9:30 Vinyasa Yoga 5:30 Zumba	8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
6	7	8	9	10	11	12
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 12:00 Strength 4:30 Vinyasa Yoga 5:30 Zumba	5:45 Cycling 8:30 Kick it Up 12:00 Slow Flow Yoga 4:30 Strength 5:30 Beginner Barre 6:30 Total Body Fitness	8:30 Zumba 9:30 NO CLASS 5:30 Zumba	8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
13	14	15	16	17	18	19
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 12:00 Strength 4:30 Vinyasa Yoga 5:30 Zumba	5:45 Cycling 8:30 Kick it Up 12:00 Slow Flow Yoga 4:30 Strength 5:30 Beginner Barre 6:30 Total Body Fitness	8:30 Zumba 9:30 Vinyasa Yoga 5:30 Zumba	8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
20	21	22	23	24	25	26
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 12:00 Strength 4:30 Vinyasa Yoga 5:30 Zumba	5:45 Cycling 8:30 Kick it Up 12:00 Slow Flow Yoga 4:30 Strength 5:30 Beginner Barre 6:30 Total Body Fitness	8:30 Zumba 9:30 Vinyasa Yoga 5:30 Zumba	8:30 Strength	8:00 Vinyasa Yoga 9:00 Zumba
27	28	29	30	31		
	5:45 Cycling 8:30 Bootcamp 4:30 Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1	5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 12:00 Strength 4:30 Vinyasa Yoga 5:30 Zumba	5:45 Cycling 8:30 Kick it Up 12:00 Slow Flow Yoga 4:30 Strength 5:30 Beginner Barre 6:30 Total Body Fitness	8:30 Zumba 9:30 Vinyasa Yoga 5:30 Zumba		
notes	Schedule Change Cancelled Class 30 Minute Class					