

August Schedule

Yoga/Barre

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
9:00a							
9:15a							
9:30a							
9:45a							
10:00a							
12:15p	WARRIOR FLOW RITA	BARRE KELLY	WARRIOR FLOW KAITLIN	BARRE KELLY			
AFTERNOON/EVENING							
3:00p							
4:15p							
4:30p							
5:45p	WARRIOR FLOW RACHAEL	WARRIOR FLOW JENN	WARRIOR FLOW JOE	WARRIOR FLOW JENN			
6:30p							
7:00p							

Redzone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a							
6:00a	REDZONE MICHAEL	REDZONE YANCEY	REDZONE JADE	REDZONE STAR	REDZONE MICHAEL		
8:00a							
8:30a							
9:00a	REDZONE MICHAEL				REDZONE MICHAEL	REDZONE TAYLOR	
9:15a							
9:30a							
9:45a							
10:15a						REDZONE TAYLOR	
11:00a		REDZONE MICHAEL		REDZONE MICHAEL			
12:00p	REDZONE LAUREN		REDZONE LAUREN		REDZONE LAUREN		
AFTERNOON/EVENING							
3:00p							
4:15p							
4:30p							
5:30p		REDZONE MIKE		REDZONE MIKE			
6:00p	REDZONE MIKE		REDZONE STAR				
7:00p							