

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 Fab & Fit	3	4 Step 9:00	5 9:00 Moving w/Weights	6	7
8	9 9:00 Fab & Fit	10	11 Step 9:00	12 9:00 Stability Ball	13	14
15	16 9:00 Fab & Fit	17	18 Step 9:00	19 9:00 Moving w/Weights	20	21
22	23 9:00 Fab & Fit	24	25 Step 9:00	26 9:00 Stability Ball	27	28
29	30 9:00 Fab & Fit	31				

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 No Class	2 No Class	3	4
5	6 9:00 Fab & Fit	7	8 Step 9:00	9 9:00 Stability Ball	10	11
12	13 9:00 Fab & Fit	14	15 Step 9:00	16 9:00 Moving w/Weights	17	18
19	20 9:00 Fab & Fit	21	22 Step 9:00	23 9:00 Stability Ball	24	25
26	27 9:00 Fab & Fit	28	29 Step 9:00	30 9:00 Moving w/Weights	31	

September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 9:00 Fab & Fit	4	5 Step 9:00	6 9:00 Stability Ball	7	8
9	10 9:00 Fab & Fit	11	12 Step 9:00	13 9:00 Moving w/Weights	14	15
16	17 9:00 Fab & Fit	18	19 Step 9:00	20 9:00 Stability Ball	21	22
23	24 9:00 Fab & Fit	25	26 Step 9:00	27 9:00 Moving w/Weights	28	29
30						