



August 2019 Employee Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
			1 12:00-12:30pm Cardio Strength 4:30-5:30pm Circuits	2
5 12:00-12:30pm Core & Mobility 4:30-5:30pm Butts & Guts	6 12:00-12:30pm Butts & Guts 4:30-5:30pm Tuesday Tabata	7 12:00-12:30pm Total Body Tone 4:30-5:30 Body Blast	8 12:00-12:30pm Tabata 4:30-5:30pm On the Ball	9
12 12:00-12:30pm Core & Mobility 4:30-5:30pm Cardio Strength	13 12:00-12:30pm Body Blast 4:30-5:30pm Tuesday Tabata	14 12:00-12:30pm On the Ball 4:30-5:30 Total Body Tone	15 12:00-12:30pm NO CLASS 4:30-5:30pm NO CLASS	16
19 12:00-12:30pm Core & Mobility 4:30-5:30pm Body Blast	20 12:00-12:30pm Tabata 4:30-5:30pm Tuesday Tabata	21 12:00-12:30pm Cardio Strength 4:30-5:30 Butts & Guts	22 12:00-12:30pm Total Body Tone 4:30-5:30pm On the Ball	23
26 12:00-12:30pm Core & Mobility 4:30-5:30pm Circuits	27 12:00-12:30pm Butts & Guts 4:30-5:30pm Tuesday Tabata	28 12:00-12:30pm Body Blast 4:30-5:30pm Cardio Strength	29 12:00-12:30pm On the Ball 4:30-5:30pm Total Body Tone	30