



August

Saturday Class Instructor Schedule

	Group Power	Cardio Sculpt	Pilates	Spinning
<i>Class Times/Dates</i>	<i>7:00-8:00am (Gym)</i>	<i>8:15 – 9:15am (Bayview)</i>	<i>9:30-10:30am (Bayview)</i>	<i>8:15-9:15 am (Spin Room)</i>
<i>August 5th</i>	Kaitlyn	Rebecca	Angela	Jeanette
<i>August 12th</i>	Diana	Veronica	Veronica	Colleen
<i>August 19th</i>	Diana	Rebecca	Angela	Jeanette
<i>August 26th</i>	Diana	Veronica	Ruth	Stephanie