

AUGUST 2025 LAND CLASSES

Monday, Wednesday, Friday 7am – 4pm

Tuesday, Thursday 7 am – 7 pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 SS Classic – Nena 10:30a-11:15a
4 Firm Body Mat 9a – 9:45a Belinda	5 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny 11:45a-12:30p Bend & Stretch-Belinda 2:15p – 2:45p	6 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p	7 Yoga-Lyn 9:30a-10:30a Fit-Mat-Sunny 11a-11:30apre stretch SS Classic-Sunny.11:45a-12:30p	8 SS Classic – Nena 10:30a-11:15a
11 Firm Body Mat 9a – 9:45a Belinda	12 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny.11:45a-12:30p Bend & Stretch-Belinda 2:15 – 2:45p	13 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a	14 Yoga-Lyn 9:30a-10:30a Fit-Mat-Sunny 11a-11:30apre stretch SS Classic-Sunny.11:45a-12:30p	15 SS Classic – Nena 10:30a-11:15a
18 Firm Body Mat 9a – 9:45a Belinda	19 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny.11:45a-12:30p Bend & Stretch-Belinda 2:15p -2:45p	20 Movin on UP-Belinda 8a-8:45aOUT SS Enerchi-Belinda 9a-9:45aOUT Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12p OUT	21 Yoga-Lyn 9:30a-10:30a Fit-Mat-Sunny 11a-11:30apre stretch SS Classic-Sunny.11:45a-12:30p SISTERS HOPE 6P-7P	22 SS Classic – Nena 10:30a-11:15a
25 Firm Body Mat 9a – 9:45a Belinda	26 Yoga-Lyn 9:30a-10:30a SS Classic-Sunny.11:45a-12:30p Bend & Stretch-Belinda 2:15p -2:45p	27 Movin on UP-Belinda 8a-8:45a SS Enerchi-Belinda 9a-9:45a Chair Yoga-Lyn 10:30a-11:15a DrumStix-Dianna 11:30a-12pVAC	28 Yoga-Lyn 9:30a-10:30a Fit-Mat-Sunny 11a-11:30apre stretch SS Classic-Sunny.11:45a-12:30p	29 SS Classic – Nena 10:30a-11:15a

CLASSES SUBJECT TO CHANGE DAILY*

****NEW CLASSES**