



AUGUST 2017

2808 Pembroke

816-689-2066

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		5:30am Tabata (Shannon) 5:15pm Piyo (Christi)	7:00am Total Body (Susan) 5:15pm Zumba (Shannon)	15pm Tabata (Casey)	5:30am Piyo (Shannon) 7:00am Total Body (Kay)	9:00 am Tabata (Shannon)
6	7	8	9	10	11	12
	7:00am Pilates (Linda) 5:30pm Zumba (Shannon) 5:30pm Hula Hoop Yoga & Tricks (Kaci) 6:30pm Pole Mix* (Kaci)	3:00am Tabata (Shannon) 5:15pm Piyo (Christi)	7:00am Total Body (Susan) 5:15pm Zumba (Shannon)	5:15pm Tabata (Casey)	5:30am Piyo (Shannon) 7:00am Total Body (Kay)	9:00 am Tabata (Heather)
13	14	15	16	17	18	19
	7:00am Pilates (Linda) 5:30pm Zumba (Shannon) 5:30pm Hula Hoop Yoga & Tricks (Kaci) 6:30pm Pole Mix* (Kaci)	5:30am Tabata (Shannon) 5:15pm Piyo (Christi)	7:00am Total Body (Susan) 5:15pm Zumba (Shannon)	5:15pm Tabata (Casey)	5:30am Piyo (Shannon) 7:00am Total Body (Kay)	9:00 am Tabata (Casey)
20	21	22	23	24	25	26
	7:00am Pilates (Linda) 5:30pm Zumba (Shannon) 5:30pm Hula Hoop Yoga & Tricks (Kaci) 6:30pm Pole Mix* (Kaci)	5:30am Tabata (Shannon) 5:15pm Piyo (Christi)	7:00am Total Body (Susan) 5:15pm Zumba (Shannon)	5:15pm Tabata (Casey)	5:30am Piyo (Shannon) 7:00am Total Body (Kay)	9:00am Tabata (Casey)
27	28	29	30	31		
	7:00am Pilates (Linda) 5:30pm Zumba (Shannon) 5:30pm Hula Hoop Yoga & Tricks (Kaci) 6:30pm Pole Mix* (Kaci)	5:30am Tabata (Shannon) 5:15pm Piyo (Christi)	7:00am Total Body (Susan) 5:15pm Zumba (Shannon)	5:15pm Tabata (Casey)		

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