
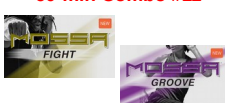

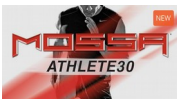



Time	Monday 8/10	Tuesday 8/11	Wednesday 8/12	Thursday 8/13	Friday 8/14	Saturday 8/15	Sunday 8/16
7am					f LIVE! Yoga for Runners Kristin		
7:30am	f Boot Camp Rich		f Boot Camp Rich				
10am	f @ Cookie Recipe Caitlin	▶ f Cardio Workout Sarah		▶ f Total Body Strength Sarah		▶ f Core Workout Sarah	
						@ Mobility Rich	
12pm	▶ f Circuit Workout Jaime	f @ At Home Back Workout Caitlin	▶ f Hip Hop Playlist Caitlin	▶ f Story Time Kids Program Staff	f @ Single Single Double Caitlin		f @ Core Challenge Caitlin
		▶ f Story Time Kids Program Staff					
3pm							▶ f Phil's Drills (tennis) Phil
4pm		f LIVE! Yin Yoga Terry					
6pm			@ LIVE! Yin & Yang Workout (HIIT + Yoga) Kristin				
7:30pm				@ Mobility Rich			
MOSSA class of the day		60-min Combo #11 				60-min Combo #8 