

FITNESS FACTORY CLASSES FOR AUGUST 2008

SUN	MON	TUE	WED	THU	FRI	SAT
					1 9:15-10:00am Step Aerobics	2 -- Carey on vacation -- 10:15-10:45pm Group Cycling
3 -- Carey on vacation --	4 -- Carey on vacation -- 5:15-6:00pm Cardio Interval	5 -- Carey on vacation -- 9:15-10:00am Women's Strength Training 4:15-5:00pm Eric's Interval Training 5:15-5:45pm Group Cycling	6 -- Carey on vacation -- 5:15-6:00pm Cardio Interval	7 -- Carey on vacation -- 9:15-10am Iron Yoga 4:15-5:00pm Eric's Interval Training 5:15-5:45pm Group Cycling	8 -- Carey on vacation --	9 -- Carey on vacation -- 10:15-10:45pm Group Cycling
10	11 9:15-10:00am Group Cycling 4:30-5:00pm Group Cycling 5:15-6:00pm Cardio Interval 6:15-6:45pm Just Abs	12 9:15-10:00am Women's Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling	13 9:15-10:00am H.I.T. 4:30-5:00pm Group Cycling 5:15-6:00pm Cardio Interval	14 8:15-9:00am Silver & Strong 9:15-10am Women's Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling	15 9:15-10:00am Step Aerobics	16 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45pm Group Cycling
17	18 9:15-10:00am Group Cycling 4:30-5:00pm Group Cycling 5:15-6:00pm Cardio Interval 6:15-6:45pm Just Abs	19 9:15-10:00am Women's Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling	20 9:15-10:00am H.I.T. 4:30-5:00pm Group Cycling 5:15-6:00pm Cardio Interval	21 8:15-9:00am Silver & Strong 9:15-10am Iron Yoga 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling	22 9:15-10:00am Step Aerobics	23 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45pm Group Cycling
24/31	25 9:15-10:00am Group Cycling 4:30-5:00pm Group Cycling 5:15-6:00pm Cardio Interval 6:15-6:45pm Just Abs	26 9:15-10:00am Women's Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling	27 9:15-10:00am H.I.T. 4:30-5:00pm Group Cycling 5:15-6:00pm Cardio Interval	28 8:15-9:00am Silver & Strong 9:15-10am Women's Strength Training 12:15-12:45pm Group Cycling 4:15-5:00pm Kickboxing 5:15-5:45pm Group Cycling	29 9:15-10:00am Step Aerobics	30 8:30-9:00am Just Abs 9:15-10:00am Instructor Choice 10:15-10:45pm Group Cycling