

Wednesday, Aug 16:

9:30 am SCUPLT - SARAH K. sub for FRANNIE

Thursday, Aug 17:

5:30 am SCUPLT - KRISTA sub for KATIE

Sunday, Aug 20:

9:35 am SPIN - KRISTA sub for KATIE

Wednesday, August 23:

9:30 am SCULPT – SARAH K. sub for FRANNIE

Thursday, August 24:

5:45 am CARDIO INTERVAL – TBD sub for CHRISTINE

6:30 pm SPIN – TBD sub for KRISTA

Saturday, August 26:

9:30 am BOOT CAMP – LENA sub for KRISTA

Sunday, August 27:

8:30 am STEP – CHRISTINE sub for FRANNIE

9:35 am SPIN – HEIDI sub for KATIE

Tuesday, August 29:

5:30 pm SCULPT – TBD sub for KRISTA

Wednesday, August 30:

5:30 pm BOOT CAMP – TBD sub for KRISTA

Thursday, August 31:

6:30 pm SPIN – TBD sub for KRISTA