

August 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 TRANSPORTATION GlideFit HIIT/ Interval 9:00-9:45 GlideFit HIIT/ Interval 6:45-7:30	2 Lessons 10:00-10:45 Lessons 6:00-6:45 GlideFit YOGA 6:45-7:30	3 TRANSPORTATION	4 Lessons 10-10:45 Adaptive Lessons 10:00-10:45 GlideFit HIIT/ Interval 9:00-9:45 Reading 9-11
5 SFN 6:00-8:00 Volleyball League II 5:30-8:30 GlideFit YOGA 10:00-10:45	6 TRANSPORTATION GlideFit HIIT/ Interval 9:00-9:45 GlideFit HIIT/ Interval 6:45-7:30	7 Lessons 10:00-10:45 Lessons 6:00-6:45 GlideFit YOGA 6:45-7:30	8 TRANSPORTATION GlideFit HIIT/ Interval 9:00-9:45 GlideFit HIIT/ Interval 6:45-7:30	9 Lessons 10:00-10:45 Lessons 6:00-6:45 GlideFit YOGA 6:45-7:30	10 TRANSPORTATION	11 Lessons 10-10:45 Adaptive Lessons 10:00-10:45 GlideFit HIIT/ Interval 9:00-9:45 Reading 9-11
12 Volleyball League II 5:30-8:30 GlideFIT YOGA 10:00-10:45	13 TRANSPORTATION	14	15 TRANSPORTATION	16	17 TRANSPORTATION	18
19 Volleyball League II 5:30-8:30	20	21	22	23	24	25
26	27	28	29	30	31	

Check our website for more information regarding our GlideFIT class offerings