

SYS Fitness Calendar- August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 Crossfit 6am *</p> <p>Spin 8:30am*</p> <p>SBT 9:30am</p> <p>Aqua Kick 9:30am*</p> <p>Total Tone 5pm</p> <p>Zumba 5:30pm*</p> <p>Spin 6:15pm *</p>	<p>2</p> <p>Boot Camp 7:30am*</p> <p>Spin 8:30am*</p> <p>Water Aerobics 9:30am*</p> <p>Pilates 9:30am</p> <p>Get Fit 5pm</p>	<p>3 CrossFit 6am*</p> <p>Spin 8:30am*</p> <p>SBT 9:30am</p> <p>Aqua Kick 9:30am*</p> <p>Total Tone 5pm</p> <p>Zumba 6:00pm*</p>	<p>4 Boot Camp 7:30am*</p> <p>Spin 8:30am*</p> <p>Water Aerobics 9:30am*</p> <p>Pilates 9:30am</p> <p>Get Fit 5pm</p> <p>Spin 6:15pm*</p>	<p>5 Crossfit 6am*</p> <p>Spin & Circuit 8:15am*</p> <p>SBT 9:30am</p> <p>Flex for Life 10:30am*</p> <p>Body Blast 5pm</p> <p>Zumba 6:00pm*</p>	<p>6</p> <p>Cross Fit 8am*</p> <p>Spin 9am*</p> <p>Cardio Blast 9am</p> <p>Yoga 10am</p>
<p>7</p> <p>Yoga 11am[†]</p>	<p>8 Crossfit 6am *</p> <p>Spin 8:30am*</p> <p>SBT 9:30am</p> <p>Aqua Kick 9:30am*</p> <p>Total Tone 5pm</p> <p>Zumba 5:30pm*</p> <p>Spin 6:15pm *</p>	<p>9</p> <p>Boot Camp 7:30am*</p> <p>Spin 8:30am*</p> <p>Water Aerobics 9:30am*</p> <p>Pilates 9:30am</p> <p>Get Fit 5pm</p>	<p>10 CrossFit 6am*</p> <p>Spin 8:30am*</p> <p>SBT 9:30am</p> <p>Aqua Kick 9:30am*</p> <p>Total Tone 5pm</p> <p>Zumba 6:00pm*</p>	<p>11 Boot Camp 7:30am*</p> <p>Spin 8:30am*</p> <p>Water Aerobics 9:30am*</p> <p>Pilates 9:30am</p> <p>Get Fit 5pm</p>	<p>12 Crossfit 6am*</p> <p>Spin & Circuit 8:15am*</p> <p>SBT 9:30am</p> <p>Flex for Life 10:30am*</p> <p>Body Blast 5pm</p> <p>Zumba 6:00pm*</p>	<p>13</p> <p>Cross Fit 8am*</p> <p>Spin 9am*</p> <p>Cardio Blast 9am</p> <p>Yoga 10am</p>
<p>14</p> <p>Yoga 11am[†]</p>	<p>15 Crossfit 6am *</p> <p>Spin 8:30am*</p> <p>SBT 9:30am</p> <p>Aqua Kick 9:30am*</p> <p>Total Tone 5pm</p> <p>Zumba 5:30pm*</p> <p>Spin 6:15pm *</p>	<p>16</p> <p>Boot Camp 7:30am*</p> <p>Spin 8:30am*</p> <p>Water Aerobics 9:30am*</p> <p>Pilates 9:30am</p> <p>Get Fit 5pm</p>	<p>17 CrossFit 6am*</p> <p>Spin 8:30am*</p> <p>SBT 9:30am</p> <p>Aqua Kick 9:30am*</p> <p>Total Tone 5pm</p> <p>Zumba 5:30pm*</p>	<p>18 Boot Camp 7:30am*</p> <p>Spin 8:30am*</p> <p>Water Aerobics 9:30am*</p> <p>Pilates 9:30am</p> <p>Get Fit 5pm</p> <p>Spin 6:15pm*</p>	<p>19 Crossfit 6am*</p> <p>Spin & Circuit 8:15am*</p> <p>SBT 9:30am</p> <p>Flex for Life 10:30am*</p> <p>Body Blast 5pm</p> <p>Zumba 6:00pm*</p>	<p>20</p> <p>Cross Fit 8am*</p> <p>Spin 9am*</p> <p>Cardio Blast 9am</p> <p>Yoga 10am</p>
<p>21</p> <p>Yoga 11am[†]</p>	<p>22 Crossfit 6am *</p> <p>Spin 8:30am*</p> <p>SBT 9:30am</p> <p>Aqua Kick 9:30am*</p> <p>Total Tone 5pm</p> <p>Zumba 5:30pm*</p> <p>Spin 6:15pm *</p>	<p>23</p> <p>Boot Camp 7:30am*</p> <p>Spin 8:30am*</p> <p>Water Aerobics 9:30am*</p> <p>Pilates 9:30am</p> <p>Get Fit 5pm</p>	<p>24 CrossFit 6am*</p> <p>Spin 8:30am*</p> <p>SBT 9:30am</p> <p>Aqua Kick 9:30am*</p> <p>Total Tone 5pm</p> <p>Zumba 5:30pm*</p>	<p>25 Boot Camp 7:30am*</p> <p>Spin 8:30am*</p> <p>Water Aerobics 9:30am*</p> <p>Pilates 9:30am</p> <p>Get Fit 5pm</p> <p>Spin 6:15pm*</p>	<p>26 Crossfit 6am*</p> <p>Spin & Circuit 8:15am*</p> <p>SBT 9:30am</p> <p>Flex for Life 10:30am*</p> <p>Body Blast 5pm</p> <p>Zumba 6:00pm*</p>	<p>27</p> <p>Cross Fit 8am*</p> <p>Spin 9am*</p> <p>Cardio Blast 9am</p> <p>Yoga 10am</p>
<p>28</p> <p>Yoga 11am[†]</p>	<p>29 Crossfit 6am *</p> <p>Spin 8:30am*</p> <p>SBT 9:30am</p> <p>Aqua Kick 9:30am*</p> <p>Total Tone 5pm</p> <p>Zumba 5:30pm*</p> <p>Spin 6:15pm *</p>	<p>30</p> <p>Boot Camp 7:30am*</p> <p>Spin 8:30am*</p> <p>Water Aerobics 9:30am*</p> <p>Pilates 9:30am</p> <p>Get Fit 5pm</p>	<p>31 CrossFit 6am*</p> <p>Spin 8:30am*</p> <p>SBT 9:30am</p> <p>Aqua Kick 9:30am*</p> <p>Total Tone 5pm</p> <p>Zumba 5:30pm*</p>			<p>[†] Extra fee paid directly to instructor</p> <p>* Extra fee for class</p>