

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3 7:00-8:00 PM Glutes, Abs and Legs With: Aliya	4 	5 7:00-8:00 PM YOGA With: Mika	6 ← Foundations of yoga philosophy, breathing, and basic postures	7 9:00-10:00 AM BOOT CAMP CIRCUIT With: Jessica
8	9 → Whether you want to reduce, shred or build, this class is for YOU!	10 7:00-8:00 PM Glutes, Abs and Legs With: Aliya		12 7:00-8:00 PM YOGA With: Mika	13	14 9:00-10:00 AM BOOT CAMP CIRCUIT With: Jessica
15 	16	17 7:00-8:00 PM Glutes, Abs and Legs With: Aliya	18	19 7:00-8:00 PM YOGA With: Mika	20 Ashtanga based yoga ← Vinyasa flow	21 9:00-10:00 AM BOOT CAMP CIRCUIT With: Jessica
22	23 → Get a better Body faster!	24 7:00-8:00 PM Glutes, Abs and Legs With: Aliya	25	26 7:00-8:00 PM YOGA With: Mika	23	28 9:00-10:00 AM BOOT CAMP CIRCUIT With: Jessica
29 	30	31 7:00-8:00 PM Glutes, Abs and Legs With: Aliya		Ask About our Nutritionals 	Follow us on Twitter and... 	get HOT Summer deals