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S	M	T	W	T	F	S
11	12	13	14	15	16	17
18	19	20	21	22	23	24

[Full Calendar](#)

Thursday, August 15

10:30 AM – 11:25 AM

LOWER (Legs + Butt)

Melissa

[SIGN UP](#)

[View details](#)

04:00 PM – 04:55 PM

LOWER (Legs + Butt)

Missy

[SIGN UP](#)

[View details](#)

05:00 PM – 05:55 PM

LOWER (Legs + Butt)

Missy

[SIGN UP](#)

[View details](#)

06:00 PM – 06:55 PM

LOWER (Legs + Butt)

Missy

[SIGN UP](#)

[View details](#)

Friday, August 16

05:00 AM – 05:55 AM

TOTAL BODY

Missy (substitute)

[SIGN UP](#)

[View details](#)

06:00 AM – 06:55 AM

TOTAL BODY

Missy (substitute)

[SIGN UP](#)

[View details](#)

07:00 AM – 07:55 AM

TOTAL BODY

Nick

[SIGN UP](#)

[View details](#)

08:00 AM – 08:55 AM

TOTAL BODY

Nick

[View details](#)

SIGN UP

10:30 AM – 11:25 AM

TOTAL BODY

Missy

[View details](#)

SIGN UP

04:30 PM – 05:25 PM

Body Blast -n- Brews!

Missy

[View details](#)

SIGN UP

Saturday, August 17

07:30 AM – 08:25 AM

TOTAL BODY

Drew

[View details](#)

SIGN UP

08:30 AM – 09:25 AM

TOTAL BODY

Drew

[View details](#)

SIGN UP

10:30 AM – 11:25 AM

TOTAL BODY

Drew

[View details](#)

CANCELLED

01:00 PM – 03:00 PM

Skybox Games

Steven

[View details](#)

SIGN UP

Sunday, August 18

08:30 AM – 09:25 AM

TOTAL BODY

Drew

[View details](#)

SIGN UP

09:30 AM – 10:25 AM

TOTAL BODY

Drew

[View details](#)

SIGN UP

Monday, August 19

05:00 AM – 05:55 AM

PUSH (Chest + Arms + Shoulders)

Steven

[View details](#)

SIGN UP

06:00 AM – 06:55 AM

PUSH (Chest + Arms + Shoulders)

Steven

[View details](#)

SIGN UP

07:00 AM – 07:55 AM PUSH (Chest + Arms + Shoulders) Steven > View details	SIGN UP
08:00 AM – 08:55 AM PUSH (Chest + Arms + Shoulders) Melissa > View details	SIGN UP
10:30 AM – 11:25 AM PUSH (Chest + Arms + Shoulders) Melissa > View details	SIGN UP
04:00 PM – 04:55 PM PUSH (Chest + Arms + Shoulders) Steven > View details	SIGN UP
05:00 PM – 05:55 PM PUSH (Chest + Arms + Shoulders) Kelsey > View details	SIGN UP
06:00 PM – 06:55 PM PUSH (Chest + Arms + Shoulders) Kelsey > View details	SIGN UP
Tuesday, August 20	
05:00 AM – 05:55 AM CORE Missy > View details	SIGN UP
06:00 AM – 06:55 AM CORE Missy (<i>substitute</i>) > View details	SIGN UP
07:00 AM – 07:55 AM CORE Missy (<i>substitute</i>) > View details	SIGN UP
08:00 AM – 08:55 AM CORE Missy (<i>substitute</i>) > View details	SIGN UP
10:30 AM – 11:25 AM CORE Missy (<i>substitute</i>) > View details	SIGN UP

04:00 PM – 04:55 PM

CORE

Melissa (*substitute*)[› View details](#)

SIGN UP

05:00 PM – 05:55 PM

CORE

Melissa (*substitute*)[› View details](#)

SIGN UP

06:00 PM – 06:55 PM

CORE

Melissa (*substitute*)[› View details](#)

SIGN UP

Wednesday, August 21

05:00 AM – 05:55 AM

PULL (Back + Arms + Shoulders)

Steven

[› View details](#)

SIGN UP

06:00 AM – 06:55 AM

PULL (Back + Arms + Shoulders)

Steven

[› View details](#)

SIGN UP

07:00 AM – 07:55 AM

PULL (Back + Arms + Shoulders)

Nick

[› View details](#)

SIGN UP

08:00 AM – 08:55 AM

PULL (Back + Arms + Shoulders)

Missy

[› View details](#)

SIGN UP

10:30 AM – 11:25 AM

PULL (Back + Arms + Shoulders)

Missy

[› View details](#)

SIGN UP

04:00 PM – 04:55 PM

PULL (Back + Arms + Shoulders)

Steven

[› View details](#)

SIGN UP

05:00 PM – 05:55 PM

PULL (Back + Arms + Shoulders)

Melissa

[› View details](#)

SIGN UP

06:00 PM – 06:55 PM

PULL (Back + Arms + Shoulders)

Melissa

[› View details](#)

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