

# AUGUST 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 HighLow HiYo	30	31 TABATA	1	2 BSS	3
4	5 4321	6	7 High Toning	8	9 No Class	10
11	12 HighLow Full Arm	13	14 Kickboxing Full Leg	15	16 HiYo Stretch	17
18 	19 High TABATA	20 	21 Circuits	22	23 Yoga (Outside)	24
25	26 Kickboxing 100	28	28 HighLow HiYo	29	30 No Class	31

# TRIPLE THREAT

## September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	NO CLASS	2	3	4 High ⚡ & Toning	5	6 BSS
8	9 OUTSIDE High Low Full Arm	10	11 OUTSIDE TABATA	12	13 NO CLASS	14
15	16 High ⚡ & Toning	17	18 4321	19	20 NO CLASS	21
22	23 Kickboxing High Yo	24	25 High Low Full legs	26	27 Yoga	28
29	30 Circuit					

# TRIPLE THREAT

## october

2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 Kickboxing HighLife	3	4 BSS	5
6	7 High Low Full Arm	8	9 4321	10	11 HighLife & Yoga	12
13	14 High 🎃 & Toning	15	16 HighLow 🧟 Full legs	17	18 NO CLASS	19
20	21 Circuit	22	23 High ⚡ & Toning 🧛	24	25 Yoga	26
27	28 TABATA 👻	29	30 Halloween 🎃 Cardio Party	31	NO CLASS	

# Free classes this month!!!

TRIPLE TAKEOUT  
*november* 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					NO CLASS 1	2
3	4 <b>High Low Full Arm</b>	5	6 <b>4321</b>	7	8 <b>HighLife &amp; Yoga</b>	9
10	11 <b>High ⚡ &amp; Toning</b>	12	13 <b>HighLow Full legs</b>	14	15 <b>BSS</b>	16
17	18 <b>Kickboxing HighLife</b>	19	20 <b>High ⚡ &amp; Toning</b>	21	22 <b>Yoga</b>	23
24	25 <b>Burn Cardio Party</b>	26	27 NO CLASS	28	29 NO CLASS	30

# TRIPLE THREAT

## december 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 <b>4321</b>	3	4 <b>High Low Full Arm</b>	5	6 <b>BSS</b>	7
8	9 <b>High ❄️ &amp; Toning</b>	10	11 <b>HighLow 🌲 Full legs</b>	12	13 <b>HighY6 &amp; Yoga</b>	14
15	16 <b>TABATA</b> 🌲	17	18 <b>High ❄️ &amp; Toning</b>	19	20 <b>Pajama Yoga 🌲</b>	21
22	23 <b>Christmas 👶👶 Cardio Party</b>	24	25 <b>NO CLASS</b>	26	27 <b>NO CLASS</b>	28
29	30 <b>NO CLASS</b>	31				