

AUGUST



ROBINHOOD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WHAT'S GOING ON AT PEAK... Peak Little Fit...Thursday mornings at 9:30, \$8 a child ages 2 - 5 yrs.						9:00 Power Ride - JE 9:00 Pilates - SL 9:00 Abs/ 9:15 ME - JA 10:00 Group Power - TG 10:00 Yogini Gathering 11:15 Zumba - DD
3:00 Yoga - JC 2	5:45 Cycle - MR 8:30 Abs/8:45 ME - JE 9:30 Group Power - JE 5:15 Abs/5:30 Advanced Step - HA 5:45 Cycle - LM 5:45 Treading - BD 6:30 Power Yoga - FG 6:30 Group Power - BD 3	8:30 Pilates - BH 9:30 Cycle - MP 9:30 Below the Belt/10:15 abs - JE 10:30 Yoga - FG 5:30 Below the Belt - LF 6:15 Bootcamp - HA 6:30 Power Ride - MC 7:00 Zumba - LH 4	5:45 Cycle - ES 8:30 Zumba - DD 9:30 Group Power - TG 5:15 Abs/5:30 Cardio Kick - HA 6:30 Group Power - JC 7:00 Yoga - LR 5	8:30 Cardio Combo - JH 9:30 Cycle - JE 9:30 Peak Little Fit 10:30 Yoga - FG 5:30 Abs/ 5:45 ME - LF 6:15 Cycle - LM 6	5:45 Cycle - MC 8:30 Group Power - LF 9:30 On the Ball - MG 5:45 Group Power - DC 7	9:00 Power Ride - LF 9:00 Pilates - SL 9:00 Abs/ 9:15 ME - JH 10:00 Group Power - JC 10:00 Yogini Gathering 11:15 Zumba - DD 8
3:00 Yoga - FG 9	5:45 Cycle - MR 8:30 Abs/8:45 ME - JH 9:30 Group Power - LF 5:15 Abs/5:30 Advanced Step - HA 5:45 Cycle - JE 5:45 Treading - KY 6:30 Power Yoga - FG 6:30 Group Power - DC 10	8:30 Pilates - BH 9:30 Cycle - LF 9:30 Below the Belt/10:15 abs - JH 10:30 Yoga - KY 5:30 Below the Belt - JE 6:15 Bootcamp - BD 6:30 Power Ride - LM 7:00 Hip Hop - JC 11	5:45 Cycle - MG 8:30 Zumba - KM 9:30 Group Power - MI 5:15 Abs/5:30 Cardio Kick - HA 6:30 Group Power - JC 7:00 Yoga - LR 12	8:30 Cardio Combo - PS 9:30 Cycle - LF 9:30 Peak Little Fit 10:30 Yoga - KY 5:30 Abs/ 5:45 ME - LF 6:15 Cycle - TG 13	5:45 Cycle - TZ 8:30 Group Power - MI 9:30 On the Ball - TG 5:45 Group Power - BD 14	9:00 Power Ride - JA 9:00 Pilates - SL 9:00 Abs/ 9:15 ME - TG 10:00 Group Power - LF 10:00 Yogini Gathering 11:15 Zumba - LH 15
3:00 Yoga - KY 16	5:45 Cycle - MR 8:30 Abs/8:45 ME - LF 9:30 Group Power - LF 5:15 Abs/5:30 Advanced Step - HA 5:45 Cycle - LM 5:45 Treading - JE 6:30 Power Yoga - FG 6:30 Group Power - JE 17	8:30 Pilates - KY 9:30 Cycle - MP 9:30 Below the Belt/10:15 abs - LF 10:30 Yoga - KY 5:30 Below the Belt - BD 6:15 Bootcamp - HA 6:30 Power Ride - MC 7:00 Zumba - LH 18	5:45 Cycle - ES 8:30 Zumba - DD 9:30 Group Power - TG 5:15 Abs/5:30 Cardio Kick - HA 6:30 Group Power - JC 7:00 Yoga - FG 19	8:30 Cardio Combo - MG 9:30 Cycle - LF 9:30 Peak Little Fit 10:30 Yoga - KY 5:30 Abs/ 5:45 ME - LF 6:15 Cycle - LM 20	5:45 Cycle - BH 8:30 Group Power - LF 9:30 On the Ball - KS 5:45 Group Power - JE 21	9:00 Power Ride - JE 9:00 Pilates - SL 9:00 Abs/ 9:15 ME - JH 10:00 Group Power - DC 10:00 Yogini Gathering 11:15 Zumba - DD 22
3:00 Yoga - JC 23	5:45 Cycle - MR 8:30 Abs/8:45 ME - LF 9:30 Group Power - LF 5:15 Abs/5:30 Advanced Step - HA 5:45 Cycle - JE 5:45 Treading - KY 6:30 Power Yoga - FG 6:30 Group Power - BD 24	8:30 Pilates - BH 9:30 Cycle - LF 9:30 Below the Belt/10:15 abs - JE 10:30 Yoga - KY 5:30 Below the Belt - LF 6:15 Bootcamp - HA 6:30 Power Ride - LM 7:00 Hip Hop - JC 25	5:45 Cycle - MG 8:30 Zumba - KM 9:30 Group Power - MI 5:15 Abs/5:30 Cardio Kick - BD 6:30 Group Power - JC 7:00 Yoga - LR 26	8:30 Cardio Combo - BH 9:30 Cycle - LF 9:30 Peak Little Fit 10:30 Yoga - KY 5:30 Abs/ 5:45 ME - TG 6:15 Cycle - ES 27	5:45 Cycle - TZ 8:30 Group Power - LF 9:30 On the Ball - BH 5:45 Group Power - TG 28	9:00 Power Ride - LM 9:00 Pilates - SL 9:00 Abs/ 9:15 ME - JA 10:00 Group Power - MI 10:00 Yogini Gathering 11:15 Zumba - DD 29
3:00 Yoga - KY 30	5:45 Cycle - MR 8:30 Abs/8:45 ME - LF 9:30 Group Power - LF 5:15 Abs/5:30 Advanced Step - HA 5:45 Cycle - LM 5:45 Treading - JE 6:30 Power Yoga - FG 6:30 Group Power - JE 31					

BH/BETH, BD/BONNIE, DAVID/DC, DD/DEEDE, ES/EMILY, FL/FLO, FG/FONTAINE, GL/GRETCHEN, HA/HOYT, JT/JADE, JA/JAMES, JH/JANEEN, JE/JEN B., JC/JEN C., KS/KAT, KM/KEVIN, KY/KITTY, LF/LUCIA, LM/LIBBY M., LR/LISA, LH/LIZ, MC/MARY, MG/MARY G., MP/MICHAEL P., MR/MICHAEL R., MI/MICHELLE, PS/PATTY, SL/SUSAN, TG/TERESA, TZ/TERILYN

If you would like to receive our schedule via email please send an email to Lucia@triad.rr.com.