



August 2023

◀ Jul 2023	August 2023						Sep 2023 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1 Seated Full Fitness 10:00 am – 10:45 am (O)	2 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)			5 PD 1 - 4 Class 10:30 am – 11:30 am (F)	
6	7	8 Seated Full Fitness 10:00 am – 10:45 am (O)	9 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	10	11	12 PD 1 - 4 Class 10:30 am – 11:30 am (F)	
13	14	15 Seated Full Fitness 10:00 am – 10:45 am (O)	16 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	17	18	19 PD 1 - 4 Class 10:30 am – 11:30 am (F)	
20	21	22 Seated Full Fitness 10:00 am – 10:45 am (O)	23 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	24	25	26 NO CLASS <i>(Coaches Day Off)</i>	
27	28	29 Seated Full Fitness 10:00 am – 10:45 am (O)	30 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	31			

(F) – Boxing Gym (In-Person Only) (O) – Virtual Only