



August 2026							Sep 2026 ►
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	PD 1 - 4 Class 10:30 am – 11:45 am (F)
2	3	4	5	6	7	8	PD 1 - 4 Class 10:30 am – 11:45 am (F)
		No Class (Instructor – Medical)	PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)				
9	10	11	12	13	14	15	No Class (Coach Vacation Day)
		No Class (Instructor – Medical)	PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)				
16	17	18	19	20	21	22	PD 1 - 4 Class 10:30 am – 11:45 am (F)
		No Class (Instructor – Medical)	PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)				
23	24	25	26	27	28	29	PD 1 - 4 Class 10:30 am – 11:45 am (F)
		Seated Full Fitness 10:00 am – 10:45 am (O)	PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)				
30	31						

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