

August 2023

Sun **Mon** **Tue** **Wed** **Thu** **Fri** **Sat**

		1 Teen Boxing 5-6pm Youth Swim 7-8:15pm	2 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	3 Teen Boxing 5-6pm	4 Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	5
6	7 Books for Breakfast 9:30-11am 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	8 Teen Boxing 5-6pm Youth Swim 7-8:15pm	9 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	10 Teen Boxing 5-6pm	11 Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	12
13	14 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	15 Teen Boxing 5-6pm Youth Swim 7-8:15pm	16 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	17 Teen Boxing 5-6pm	18 Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	19
20	21 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	22 Teen Boxing 5-6pm Youth Swim 7-8:15pm	23 6:00-7:00am Fitness Class 7:30-8:30pm Fitness Class	24 Teen Boxing 5-6pm	25 Yoga 12:00pm-1:00pm 6:00-7:00am Fitness Class	26
27	28 7:30-8:30pm Fitness Class Kids Boxing 4-5pm	29 Teen Boxing 5-6pm Youth Swim 7-8:15pm	30 Community Dinner 5:30-7:30 6:00-7:00am Fitness Class 7:30-8:30pm Fitness	31 Teen Boxing 5-6pm		