


August 2019 at J&J Movement Factory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 *Women Only <i>Classes are in italics</i>				1 5:45A-6:30A Power Yoga w/Diana 10:00A-11:00A Chair Yoga w/Diana 6:15P-7:15P Beginner Yoga w/Diana 7:30P-8:30P Circuit Train w/Eric	2 <i>9:15A-10:30A</i> <i>Circuit Train w/JenM</i>	3 8:45A-9:45A Circuit Train w/Eric 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana
4 5:00P-6:15P Circuit Train w/Eric 6:45P-7:45P Restorative Yoga w/Mel	5 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 7:00P-8:00P Circuit Train w/Eric	6 6:15P-7:15P Yoga/Pilates w/Diana	7 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM 6:15P-7:15P Power Yoga w/Mel	8 5:45A-6:30A Power Yoga w/Mel 10:00A-11:00A Chair Yoga w/Diana 6:15P-7:15P Beginner Yoga w/Diana 7:30P-8:30P Circuit Train w/JenM	9 <i>9:15A-10:30A</i> <i>Circuit Train w/JenM</i>	10 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Kam 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana
11 5:00P-6:15P Circuit Train w/JenM 6:45P-7:45P Restorative Yoga w/Mel	12 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 7:00P-8:00P Circuit Train w/Eric	13 6:15P-7:15P Yoga/Pilates w/Diana	14 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM 6:15P-7:15P Power Yoga w/Mel	15 5:45A-6:30A Power Yoga w/Mel 10:00A-11:00A Chair Yoga w/Diana 6:15P-7:15P Beginner Yoga w/Diana 7:30P-8:30P Circuit Train w/Eric	16 <i>9:15A-10:30A</i> <i>Circuit Train w/JenM</i>	17 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Eric 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana
18 5:00P-6:15P Circuit Train w/Eric 6:45P-7:45P Restorative Yoga w/Mel	19 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 7:00P-8:00P Circuit Train w/Eric	20 6:15P-7:15P Yoga/Pilates w/Diana	21 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/Kam 6:15P-7:15P Power Yoga w/Mel	22 5:45A-6:30A Power Yoga w/Mel 10:00A-11:00A Chair Yoga w/Diana 6:15P-7:15P Beginner Yoga w/Diana 7:30P-8:30P Circuit Train w/Eric	23 <i>9:15A-10:30A</i> <i>Circuit Train w/JenM</i>	24 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Eric 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana
25 5:00P-6:15P Circuit Train w/Eric 6:45P-7:45P Restorative Yoga w/Mel	26 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 7:00P-8:00P Circuit Train w/Eric	27 6:15P-7:15P Yoga/Pilates w/Diana	28 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM 6:15P-7:15P Power Yoga w/Mel	29 5:45A-6:30A Power Yoga w/Mel 10:00A-11:00A Chair Yoga w/Diana 6:15P-7:15P Beginner Yoga w/Diana 7:30P-8:30P Circuit Train w/Eric	30 <i>9:15A-10:30A</i> <i>Circuit Train w/JenM</i>	31 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Eric 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana