

August

Mon	Tue	Wed	Thur	Fri	Sat
30 Essentials & Accessories Weekly Weight Watch Yoga: 5:40 PM & 6:40 PM	31 Cario & Core	1 Upper Push & Lower Pull	2 Upper Pull & Lower Push	3 Total Body Body Weight	4 HIIT Cardio
6 Speed Weekly Weight Watch Yoga: 5:40 PM & 6:40 PM	7 Strength	8 Balance	9 Power	10 Endurance	11 Agility
13 Upper Body Weekly Weight Watch Yoga: 5:40 PM & 6:40 PM	14 Lower Body	15 CV Power	16 Abs & Core	17 Total Body	18 Bootcamp
20 Chest, Biceps & Inervals Weekly Weight Watch Yoga: 5:40 PM & 6:40 PM	21 Back, Triceps Cardio	22 Shoulders & Legs	23 Core Endurance	24 Power & Plyos	25 Total Body Strength
27 Legs & Cardio	28 Upper Body Push & Intervals	29 Upper Body Pull & Core	30 Agility & Abs	31 Lower Body Strength	2 Upper Body Endurance