August 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Cardio Kickboxing is on hold until further notice. Zumba only PT available.	 	All Classes are $3.00ea or buy a 16 class pass for $45.00. Want to do PT with your unit at 0630??	Call RD Fitness to reserve a date and get additional information. Please call RD Fitness @254-285-5459 for questions.	1 Spin 1200-1300 RD Fitness Yoga: 1000-1100 Applied Fitness Center. Yoga: 1145-1245 Applied Fitness Center	2 No Class	3
4	5 No Class	6 Spin 1200-1300 RD Fitness Yoga: 1000-1100 Applied Fitness Center. Yoga: 1145-1245 Applied Fitness Center	7 Spin 0800-0900 RD Fitness Spin: 1730-1830 CANCELLED	8 Spin 1200-1300 RD Fitness Yoga: 1000-1100 Applied Fitness Center. Yoga: 1145-1245 Applied Fitness Center	9 Spin 1200-1300 RD Fitness	10 Spin 0900-1000 RD Fitness
11	12 Spin 0800-0900 RD Fitness Spin 1730-1830 RD Fitness	13 Spin 1200-1300 RD Fitness Yoga: 1000-1100 Applied Fitness Center. Yoga: 1145-1245 Applied Fitness Center	14 Spin 0800-0900 RD Fitness Spin 1730-1830 CANCELLED	15 Spin 1200-1300 RD Fitness Yoga: 1000-1100 Applied Fitness Center. Yoga: 1145-1245 Applied Fitness Center	16 Spin 1200-1300 RD Fitness	17 Strongman Competition @ Harvey Gym 0700
18	19 Spin 0800-0900 RD Fitness Spin 1730-1830 RD Fitness	20 Spin 1200-1300 RD Fitness Yoga: 1000-1100 Applied Fitness Center. Yoga: 1145-1245 Applied Fitness Center	21 Spin 0800-0900 RD Fitness Spin 1730-1830 RD Fitness	22 Spin 1200-1300 RD Fitness Yoga: 1000-1100 Applied Fitness Center. Yoga: 1145-1245 Applied Fitness Center	23 Spin 1200-1300 RD Fitness	24 Spin No Class Amazing Ruck Race @ BLORA 0700
25	26 Spin 0800-0900 RD Fitness Spin 1730-1830 RD Fitness	27 Spin 1200-1300 RD Fitness Yoga: 1000-1100 Applied Fitness Center. Yoga: 1145-1245 Applied Fitness Center	28 Spin 0800-0900 RD Fitness Spin 1730-1830 RD Fitness	29 Spin 1200-1300 RD Fitness Yoga: 1000-1100 Applied Fitness Center. Yoga: 1145-1245 Applied Fitness Center	30 Spin 1200-1300 RD Fitness	31