

2024 PowerPlate Schedule

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	29 9:00a GroupFit 10:00a PulseFit 10:30a Yin Yoga 5:30p ReFit	30 8:00a PulseFit 8:45a PulseFit 11:30 SilverFit 5:30p PulseFit	31 9:00a GroupFit 10:00a PulseFit	1 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit	2 9:00a GroupFit 10:00a PulseFit	3
4	5 9:00a GroupFit 10:00a PulseFit 10:30a Yin Yoga 5:30p ReFit	6 8:00a PulseFit 8:45a PulseFit 11:30 SilverFit 5:30p PulseFit	7 9:00a GroupFit 10:00a PulseFit	8 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit	9 9:00a GroupFit 10:00a PulseFit	10
11	12 9:00a GroupFit 10:00a PulseFit 10:30a Yin Yoga 5:30p ReFit	13 8:00a PulseFit 8:45a PulseFit 11:30 SilverFit 5:30p PulseFit	14 9:00a GroupFit 10:00a PulseFit	15 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit	16 9:00a GroupFit 10:00a PulseFit	17
18	19 9:00a GroupFit 10:00a PulseFit 10:30a Yin Yoga 5:30p ReFit	20 8:00a PulseFit 8:45a PulseFit 11:30 SilverFit 5:30p PulseFit	21 9:00a GroupFit 10:00a PulseFit	22 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit	23 9:00a GroupFit 10:00a PulseFit	24
25	26 9:00a GroupFit 10:00a PulseFit 10:30a Yin Yoga 5:30p ReFit	27 8:00a PulseFit 8:45a PulseFit 11:30 SilverFit 5:30p PulseFit	28 9:00a GroupFit 10:00a PulseFit	29 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit	30 9:00a GroupFit 10:00a PulseFit	31