

August 2019

Monday		Tuesday		Wednesday		Thursday		Friday	
						1	10:00 Sit/B Fit Pam	2	8:00am H2O Kim
5	8:00am H2O- Pam	6	10:00 Sit/B Fit Kathy	7	8:00am H2O Kim	8	10:00am Sit/B Fit Kathy	9	8:00 am H2O Pam
12	8:00am H2O Kim	13	10:00am Sit/B Fit Pam	14	8:00am H2O Pam	15	10:00am Sit/B Fit Pam	16	8:00am H2O Pam
19	8:00am H2O Pam	20	10:00 Sit/B Fit Kathy	21	8:00am H2O Pam	22	10:00am Sit/B Fit Kathy	23	8:00am H2O Kim
26	8:00 H2O Pam	27	10:00 Sit/B Fit Pam	28	8:00 H2O Pam	29	10:00 Sot/B Fit Pam	30	8:00 am H2O Kim

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