

JULY 2020

I get better every single day!



HACK OF THE MONTH: FRUIT HACKS FOR OVERRIPE FRUIT

*CLICK EVENTS FOR INFORMATION/REGISTRATION

THIS MONTH:		LOOKING FORWARD:		
PLANK AND DRANK START JULY 6 END AUGUST 2	BOOK CLUB SIGN UP JUNE 22 START JULY 13	THOUGHTFUL CONSUMERISM SHOPPING SUSTAINABLY START AUGUST 10 END AUGUST 30		
RECURRING:				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEDITATION FOR BEGINNERS 4:30-5:30PM (MFB)	STREAMED FITNESS 12-12:15PM (SF)	INDOOR FITNESS ADVENTURE 5:30-6:15PM (IFA)	STREAMED FITNESS 12-12:15PM (SF)	SUNRISE YOGA 7-7:45AM (SY)
STREAMED HIIT 7:30-8:00PM (SH)	ANIMAL FLOW 5:30-6:15PM (AF)			

MON	TUE	WED	THU	FRI
		1	2	3
			SF 12:00PM	
6	7	8	9	10
MFB 4:30PM SH 7:30PM	SF 12:00PM AF 5:30PM	SUMMER MEAL PREP 12:00PM IFA 5:30PM	SF 12:00PM	SY 7:00AM
13	14	15	16	17
MFB 4:30PM SH 7:30PM	SF 12:00PM AF 5:30PM	IFA 5:30PM	SF 12:00PM	SY 7:00AM
20	21	22	23	24
MFB 4:30PM SH 7:30PM	SF 12:00PM AF 5:30PM	IFA 5:30PM	SF 12:00PM	SY 7:00AM
27	28	29	30	31
MFB 4:30PM SH 7:30PM	SF 12:00PM AF 5:30PM	SKIN HEALTH 12:00PM IFA 5:30PM	SF 12:00PM	SY 7:00AM