

august schedule

blessed to be able!

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Bootcamps live using Zoom!

Step 151 live using Facebook Live

august 2022 (LIVE & VIRTUAL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	2 5:30pm// Bootcamp on the Rocks (client run)	3 10am// Bootcamp on the Rocks (client run) 5:30pm// Bootcamp on the Rocks (client run)	4 10am// Bootcamp on the Rocks (client run)	5 10am// Bootcamp on the Rocks (client run)	6 8am// Bootcamp on the Rocks (client run)
7 9am// Bootcamp on the Rocks (client run)	8 10am// Bootcamp on the Rocks (client run) 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	9 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	10 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	11 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	12 10am// Bootcamp on the Rocks	13 8am// Bootcamp on the Rocks 9:15am// Step 151
14 RUN ON THE ROCKS 9am// Bootcamp on the Rocks	15 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	16 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	17 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	18 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	19 10am// Bootcamp on the Rocks	20 8am// Bootcamp on the Rocks 9:15am// Step 151
21 RUN ON THE ROCKS 9am// Bootcamp on the Rocks	22 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	23 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	24 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	25 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	26 10am// Bootcamp on the Rocks	27 8am// Bootcamp on the Rocks 9:15am// Step 151
28 RUN ON THE ROCKS 9am// Bootcamp on the Rocks	29 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	30 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	31 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151			