

# August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength- KP Gun	2 1130 Line Dancing-KP Max	3
4	5 1100 Strength-SW Max 1730 Circuits-ZF Gun	6 0500 RIOT-ZF Gun 0600 Strength-SW Max 1100 Cardio-SW Gun 1630 Turbokick-ZF Gun	7 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick-ZF Max 1800 Zumba -MB Max	8 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength- KP Gun	9 1130 Line Dancing-KP Max	10
11	12 1100 Strength-SW Max 1730 Circuits-ZF Gun	13 0500 RIOT-ZF Gun 0600 Strength-SW Max 1100 Cardio-SW Gun 1630 Turbokick-ZF Gun	14 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick-ZF Max 1800 Zumba -MB Max	15 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength- KP Gun	16 1130 Line Dancing-KP Max	17
18	19 1100 Strength-SW Max 1730 HIIT-ZF Gun	20 0600 Strength-SW Max 1100 Cardio-SW Gun	21 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick-ZF Max 1800 Zumba -MB Max	22 0600 Strength-SW Max 1130 HIIT/Strength- KP Gun	23 1130 Line Dancing-KP Max	24
25	26 1100 Strength-SW Max 1730 HIIT-ZF Gun	27 0500 RIOT-ZF Gun 0600 Strength-SW Max 1100 Cardio-SW Gun 1630 Turbokick-ZF Gun	28 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick-ZF Max 1800 Zumba -MB Max	29 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength- KP Gun	30 1130 Line Dancing-KP Max	31
1	2	<p>Notes</p> <p><b>** FIP Classes**</b></p> <p>Instructors: SW Shelby; MB Michelle; RH Rebecca; ZF Zelva; VM Veronica; KP Kashina</p> <p><b>** Schedules can be found on <a href="http://www.lifeatthemax.us">www.lifeatthemax.us</a>**</b></p>				