

August

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:30 AM Nicole EPHIT	2 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	3
4	5 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	6 8:30 AM Nicole EPHIT	7 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	8 8:30 AM Nicole EPHIT	9 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	10
11	12 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	13 8:30 AM Nicole EPHIT	14 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	15 4:30 PM Nicole EPHIT	16 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	17
18	19 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped 4:30 PM Swim Aerobics Nicole	20 4:30 PM Nicole EPHIT	21 5:15 AM Trisha E-Fit 8:30 AM Katie E-Fit 9:15 AM Katie Ripped 4:30 PM Swim Aerobics Nicole	22 4:30 PM Nicole EPHIT	23 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	24
25	26 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped 4:30 PM Swim Aerobics Nicole	27 4:30 PM HIIT Nicole	28 5:15 AM Trisha EPHIT 8:30 AM Katie PHIT 9:15 AM Katie Ripped 4:30 PM Swim Aerobics Nicole	29 4:30 PM HIIT Nicole	30 5:15 AM Trisha EPHIT 8:30 AM Katie EPHIT 9:15 AM Katie Ripped	31