

July 2021

July 2021							August 2021						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	4	5	6	7	8	9	1	2	3	4	5	6	7
11	12	13	14	15	16	17	8	9	10	11	12	13	14
18	19	20	21	22	23	24	15	16	17	18	19	20	21
25	26	27	28	29	30	31	22	23	24	25	26	27	28
							29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jun 27	28	29	30	Jul 1	2	3
				5:30pm Fitness Class - Buns & Guns (Las Olas Garage Rooftop)	6:00am Fitness Class - Kettle Bell (Las Olas) 8:00am Fitness Class - Cardio HIIT (Las Olas) 4:00pm Friday Night 5:30pm Fitness Class -	9:00am Oceanside Market (Las Olas) 9:45am Fitness Class - Wake and Shake (Las Olas) 10:30am Fitness Class - Yoga Flow (Las Olas)
4	5	6	7	8	9	10
4th of July (City Event) (Fort Lauderdale) 8:30am Fitness Class - 10:15am Fitness Class - 11:00am Jazz Brunch 3:00pm Igloo Cooler	8:00am Morning Yoga (Esplanade Park)	6:30pm Fitness Class - Slow Flow (Las Olas Garage Rooftop)	6:00am Fitness Class - Kettle Bell (Las Olas Garage Rooftop)	12:00pm Pro Footvolley Tour (Fort Lauderdale Beach Park) 5:30pm Fitness Class - Buns & Guns (Las Olas Garage Rooftop)	6:00am Fitness Class - Kettle Bell (Las Olas) 8:00am Fitness Class - 12:00pm Pro Footvolley 4:00pm Friday Night 5:30pm Fitness Class -	9:00am Oceanside Market (Las Olas) 9:45am Fitness Class - 10:30am Fitness Class - 11:00am Flock Fest (Fort Lauderdale) 12:00pm Pro Footvolley
11	12	13	14	15	16	17
8:30am Fitness Class - Animal Flow (Las Olas) 10:15am Fitness Class - Functional Flow (Las Olas) 12:00pm Pro Footvolley Tour (Fort Lauderdale)	8:00am Morning Yoga (Esplanade Park)	6:30pm Fitness Class - Slow Flow (Las Olas Garage Rooftop)	6:00am Fitness Class - Kettle Bell (Las Olas Garage Rooftop)	12:00pm Pro Footvolley Tour (Fort Lauderdale Beach Park) 5:30pm Fitness Class - Buns & Guns (Las Olas Garage Rooftop)	6:00am Fitness Class - Kettle Bell (Las Olas) 8:00am Fitness Class - 12:00pm Pro Footvolley 4:00pm Friday Night 5:30pm Fitness Class -	9:00am Oceanside Market (Las Olas) 9:30am Cars and Coffee 9:45am Fitness Class - 10:30am Fitness Class - 12:00pm Pro Footvolley
18	19	20	21	22	23	24
8:30am Fitness Class - Animal Flow (Las Olas) 10:15am Fitness Class - Functional Flow (Las Olas) 12:00pm Pro Footvolley Tour (Fort Lauderdale)	8:00am Morning Yoga (Esplanade Park)	6:30pm Fitness Class - Slow Flow (Las Olas Garage Rooftop)	6:00am Fitness Class - Kettle Bell (Las Olas Garage Rooftop)	5:30pm Fitness Class - Buns & Guns (Las Olas Garage Rooftop)	6:00am Fitness Class - Kettle Bell (Las Olas) 8:00am Fitness Class - Cardio HIIT (Las Olas) 4:00pm Friday Night 5:30pm Fitness Class -	9:00am Oceanside Market (Las Olas) 9:45am Fitness Class - Wake and Shake (Las Olas) 10:30am Fitness Class - 2:00pm Sangria Fest
25	26	27	28	29	30	31
8:30am Fitness Class - Animal Flow (Las Olas Garage Rooftop) 10:15am Fitness Class - Functional Flow (Las Olas Garage Rooftop)	8:00am Morning Yoga (Esplanade Park)	7:00am AVP America Florida Open (Fort Lauderdale Beach) 6:30pm Fitness Class - Slow Flow (Las Olas Garage Rooftop)	6:00am Fitness Class - Kettle Bell (Las Olas Garage Rooftop) 7:00am AVP America Florida Open (Fort Lauderdale Beach)	7:00am AVP America Florida Open (Fort Lauderdale Beach) 5:30pm Fitness Class - Buns & Guns (Las Olas Garage Rooftop)	6:00am Fitness Class - Kettle Bell (Las Olas) 7:00am AVP America 8:00am Fitness Class - 4:00pm Friday Night 5:30pm Fitness Class -	7:00am AVP America Florida Open (Fort Lauderdale Beach) 9:00am Oceanside 9:45am Fitness Class - 10:30am Fitness Class - 6:00pm FATVillage Art

Special Events