

August 2021

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aug 1 7:00am MASS District Events (NE 4th Ave) 7:00am AVP America 8:30am Fitness Class - 10:15am Fitness Class - 11:00am Jazz Brunch	2 8:00am Morning Yoga (Esplanade Park)	3 6:30pm Fitness Class - Slow Flow (Las Olas Garage Rooftop)	4 6:00am Fitness Class - Kettle Bell (Las Olas Garage Rooftop)	5 5:30pm Fitness Class - Buns & Guns (Las Olas Garage Rooftop)	6 6:00am Fitness Class - Kettle Bell (Las Olas) 7:00am MASS District 8:00am Fitness Class - 4:00pm Friday Night 5:30pm Fitness Class -	7 7:00am MASS District Events (NE 4th Ave) 9:00am Oceanside Market (Las Olas) 9:45am Fitness Class - 10:30am Fitness Class -
8 7:00am MASS District Events (NE 4th Ave) 8:30am Fitness Class - Animal Flow (Las Olas) 10:15am Fitness Class - Functional Flow (Las Olas)	9 8:00am Morning Yoga (Esplanade Park)	10 6:30pm Fitness Class - Slow Flow (Las Olas Garage Rooftop)	11 6:00am Fitness Class - Kettle Bell (Las Olas Garage Rooftop)	12 5:30pm Fitness Class - Buns & Guns (Las Olas Garage Rooftop)	13 6:00am Fitness Class - Kettle Bell (Las Olas) 7:00am MASS District 8:00am Fitness Class - 4:00pm Friday Night 5:30pm Fitness Class -	14 7:00am MASS District Events (NE 4th Ave) 9:00am Oceanside Market (Las Olas) 9:45am Fitness Class - 10:30am Fitness Class -
15 7:00am MASS District Events (NE 4th Ave) 8:30am Fitness Class - Animal Flow (Las Olas) 10:15am Fitness Class - Functional Flow (Las Olas)	16 8:00am Morning Yoga (Esplanade Park)	17 6:30pm Fitness Class - Slow Flow (Las Olas Garage Rooftop)	18 6:00am Fitness Class - Kettle Bell (Las Olas Garage Rooftop)	19 5:30pm Fitness Class - Buns & Guns (Las Olas Garage Rooftop)	20 6:00am Fitness Class - Kettle Bell (Las Olas) 8:00am Fitness Class - Cardio HIIT (Las Olas) 4:00pm Friday Night 5:30pm Fitness Class -	21 9:00am Oceanside Market (Las Olas) 9:30am Cars and Coffee (First Baptist Church -) 9:45am Fitness Class - 10:30am Fitness Class -
22 8:30am Fitness Class - Animal Flow (Las Olas Garage Rooftop) 10:15am Fitness Class - Functional Flow (Las Olas Garage Rooftop)	23 8:00am Morning Yoga (Esplanade Park)	24 6:30pm Fitness Class - Slow Flow (Las Olas Garage Rooftop)	25 6:00am Fitness Class - Kettle Bell (Las Olas Garage Rooftop)	26 5:30pm Fitness Class - Buns & Guns (Las Olas Garage Rooftop)	27 6:00am Fitness Class - Kettle Bell (Las Olas) 8:00am Fitness Class - Cardio HIIT (Las Olas) 4:00pm Friday Night 5:30pm Fitness Class -	28 9:00am Oceanside Market (Las Olas) 9:45am Fitness Class - Wake and Shake (Las Olas) 10:30am Fitness Class - Yoga Flow (Las Olas)
29 7:00am Loco Rio 8K Race (Snyder Park) 8:30am Fitness Class - Animal Flow (Las Olas) 10:15am Fitness Class - Functional Flow (Las Olas)	30 8:00am Morning Yoga (Esplanade Park)	31 6:30pm Fitness Class - Slow Flow (Las Olas Garage Rooftop)	Sep 1	2	3	4

Special Events