



3851 West Rd Trenton 48183 (734)301-2993

August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Website: https://pehelp911.wixsite.com/newheights Sign up for REMIND enter 81010 & Message: @nhfi			1 8:00am Cycle Mix Circuit-M 5:30pm TRX-Mal	2 9:00am YOGA-Jenni	3 8:45 am Cycle/Tabata-M	4 8:30am Cycle- Mal 9-10am Bootcamp-Mal
5 9:00am Rip & Ride-Mal	6 9:00am Core Cond-M 10:00am –YOGA -Jenni	7 9:00am Weight Train- M 5:15pm Cycle/Sculpt –Mal	8 8:00am Cycle Mix Circuit-M 5:30pm TRX-Mal	9 9:00am YOGA-Jenni	10 8:45 am Cycle/Tabata-Mal*	11 8:30am Cycle- Mal 9-10am Bootcamp-Mal
12 9:00am Rip & Ride-Mal	13 10:00am –YOGA -Jenni	14 9:00am Weight Train- Mal* 5:15pm Cycle/Sculpt –Mal	15 8:00am Cycle Mix Circuit-Mal* 5:30pm TRX-Mal	16 9:00am Pilates -Jessica	17 8:45 am Cycle/Tabata-M	18 8:30am Cycle- Mal 9-10am Bootcamp-Mal
19 9:00am Rip & Ride-Mal	20 9:00am Core Cond-M 10:00am –YOGA -Jenni	21 9:00am Weight Train- M 5:15pm Cycle/Sculpt –Mal	22 8:00am Cycle Mix Circuit-M 5:30pm TRX-Mal	23 9:00am YOGA-Jenni	24 8:45 am Cycle/Tabata-M	25 8:30am Cycle- Mal 9-10am Bootcamp-Mal
26 9:00am Rip & Ride-Mal	27 9:00am Core Cond-M 10:00am –YOGA -Jenni	28 9:00am Weight Train- M 5:15pm Cycle/Sculpt –Mal	29 8:00am Cycle Mix Circuit-M 5:30pm TRX-Mal	30 9:00am YOGA-Jenni	31 Labor Day Weekend No Classes, Classes Resume September 4th	Need a Massage Call DAWN @ 734/752/3223 To Book

