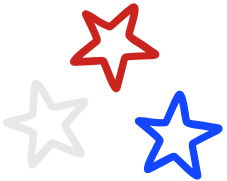
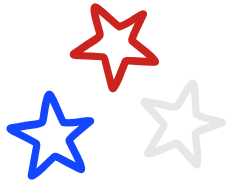


JULY 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	PAY #HARDCORE Zelle: triplegfitness Venmo: nicoletripleGfitness Paypal (LINKED)		1 <u>Pilates15: Aditi 10/23/25</u> <u>Flash15: JS 10/9/25</u>	2 <u>FR10: RK 11/20/25</u> <u>Mo10: AW 12/4/25</u>	3 <u>C10: RL 3/24/26</u> <u>Pilates10: JR 4/10/26</u> <u>G&L20: RA 3/25/26</u>	4 <u>C10: LA 11/19/25</u> <u>C&B20: RA 12/5/25</u> <u>A&S10: AS 11/18/25</u> 
5 <u>Walk15: SC 11/19/25</u> <u>RY20: DM 1/17/26</u>	6 <u>Barre10: HC 10/6/25</u> <u>G&L10: ZN 2/21/26</u> <u>G&L20: KW 2/11/26</u>	7 <u>C10: AS 1/8/26</u> <u>Upper20: RL 1/15/26</u> <u>or</u> <u>Upper20: LA 1/18/26</u> <u>A&S10: MM 12/22/25</u>	8 <u>Pilates20: EL 2/2/26</u> <u>FB20: CG 1/27/26</u>	9 <u>FR10: RK 5/1/25</u> <u>Mo10: AS 2/19/26</u>	10 <u>C10: LA 1/18/26</u> <u>Barre10: HC 6/30/21</u> <u>G&L20: ZN 2/7/26</u>	11 <u>C10: JJ 4/7/26</u> <u>Upper20: LA 4/19/26</u> <u>A&S10: RK 4/16/26</u>
12 <u>Walk20: AS 12/10/25</u> <u>YF20: CJR 1/12/26</u>	13 <u>C10: CG 3/4/26</u> <u>G&L10: CG 10/3/25</u> <u>G&L20: RA 3/6/26</u>	14 <u>C10: AW 12/6/25</u> <u>C&B10: BA 12/14/25</u> <u>A&S20: TO 1/4/26</u>	15 <u>Pilates15: GD 3/12/26</u> <u>Flash15: JS 2/14/26</u>	16 <u>FR10: HC 2/19/26</u> <u>Mo10: HC 3/12/26</u>	17 <u>C10: BA 10/27/25</u> <u>G&L10: TO 11/30/25</u> <u>G&L20: AW 12/6/25</u>	18 <u>C10: JJ 12/9/25</u> <u>C&B20: AW 1/19/26</u> <u>A&S10: RL 1/17/26</u>
19 <u>Walk20: MM 1/28/26</u> <u>YF20: AG 3/6/26</u>	20 <u>C10: KW 3/25/26</u> <u>Upper20: JTR 3/16/26</u> <u>A&S10: RL 3/27/26</u>	21 <u>Pilates10: GD 1/24/26</u> <u>C&B10: RL 2/10/26</u> <u>A&S20: ZN 2/7/26</u>	22 <u>Pilates20: Aditi 12/11/25</u> <u>FB20: RA 1/16/26</u>	23 <u>FR20: RK 3/19/26</u> <u>Stretch10: Kirra 3/13/26</u>	24 <u>C10: RL 11/26/25</u> <u>G&L10: CG 11/22/25</u> <u>Pilates10: Aditi 12/18/25</u> <u>G&L10: CG 11/22/25</u>	25 <u>Pilates10: Aditi 1/15/26</u> <u>C&B20: Assal 1/27/26</u> <u>A&S10: LA 2/5/26</u>
26 <u>Walk20: RA 2/25/26</u> <u>YF10: NS 4/6/26</u>	27 <u>C10: OA 11/20/25</u> <u>G&L10: TO 1/22/26</u> <u>G&L20: RL 1/24/26</u>	28 <u>C10: RL 4/21/26</u> <u>Upper20: RA 3/27/26</u> <u>A&S10: RL 3/27/26</u>	29 <u>Pilates15: JR 2/22/26</u> <u>Flash15: JS 7/21/25</u>	30 <u>FR10: HC 12/18/25</u> <u>Stretch15: JTR 12/15/25</u>	31 <u>C10: RK 4/7/26</u> <u>Pilates20: GD 5/1/26</u> <u>G&L10: KW 4/1/26</u>	PAY #HARDCORE Zelle: triplegfitness Venmo: nicoletripleGfitness Paypal (LINKED)

BODYWEIGHT

SUN	MON	TUE	WED	THU	FRI	SAT
1 <u>Walk20: JTR 2/15/24</u> <u>YF10: MF 2/5/24</u> (forward folds) <u>YF10: AG 1/30/24</u> (healthy back)	2 <u>C10: TO 2/9/24</u> <u>Barre10: AL 8/30/23</u> <u>Barre10: HC 6/30/21</u> <u>BW10: JS 5/9/23</u>	3 <u>C10: MM 2/12/24</u> <u>HIIT20: AW 2/19/24</u> <u>Barre10: HC 8/14/23</u>	4 <u>C10: SS 1/10/24</u> <u>BW20: RL 7/21/23</u>	5 <u>YF20: Aditi 2/5/24</u> <u>Mo10: AW 11/7/23</u>	6 <u>C10: RK 1/4/24</u> <u>Barre15: HC 1/18/24</u> <u>BW10: RA 11/14/23</u>	7 <u>C10: LA 1/9/24</u> <u>BW20: CG 7/31/23</u>
8 <u>Walk20: MM 2/8/24</u> <u>YF10: CJR 1/17/24</u>	9 <u>C10: JJ 1/25/24</u> <u>Barre10: HC 6/9/21</u> <u>BW20: RL 7/10/21</u>	10 <u>C10: EL 2/15/24</u> <u>BW20: SS 1/26/24</u>	11 <u>Pilates10: AG 11/6/23</u> <u>SBX10: JJ 10/9/23</u> <u>HIIT20: RK 10/13/23</u>	12 <u>YF20: KM 1/23/24</u> (lower) <u>Mo20: AS 8/1/23</u>	13 <u>C10: BA 2/5/24</u> <u>Barre10: AL 7/19/23</u> (glutes) <u>BW10: LA 1/2/24</u> <u>HIIT10: AS 11/13/23</u>	14 <u>C10: RA 2/6/24</u> <u>BW20: BA 4/11/22</u>
15 <u>Walk20: AT 1/25/24</u> <u>YF10: RR 1/3/24</u> (downward dog)	16 <u>Barre10: AL 1/31/24</u> (core) <u>YF10: KM 3/30/22</u> (glutes) <u>BW20: AS 8/29/23</u>	17 <u>C10: AW 2/6/24</u> <u>BW10: JS 5/13/22</u> <u>SBX15: RL 2/6/24</u>	18 <u>Pilates20: KM 12/8/23</u> <u>BW10: RA 1/5/23</u> <u>SBX10: RL 12/12/23</u>	19 <u>YF20: Kirra 7/12/22</u> (healthy back) <u>Mo10: RK 5/2/23</u>	20 <u>Pilates 10: KM 1/5/23</u> <u>BW20: EJ 10/17/22</u> <u>BW10: JJ 11/7/23</u>	21 <u>C10: JJ 2/15/24</u> <u>YF10: KM 10/17/22</u> (chaturanga) <u>SBX20: KT 9/21/22</u>
22 <u>Walk20: SC 12/21/23</u> <u>YM10: Kirra 1/30/24</u> (floor)	23 <u>C10: RL 12/20/23</u> <u>YF10: CJR 10/23/23</u> (balance) <u>BW20: RL 11/10/23</u>	24 <u>C10: EL 12/8/23</u> <u>BW10: AW 12/7/22</u> <u>SBX20: KT 12/21/22</u>	25 <u>SFR10: MW 10/31/23</u> <u>HIIT10: CG 11/8/23</u> <u>SFR10: MW 10/31/23</u> <u>HIIT10: CG 11/8/23</u>	26 <u>YF20: DM 1/23/24</u> (morning) <u>Mo10: AS 2/7/23</u>	27 <u>C10: RL 2/21/24</u> <u>Pilates15: Aditi 12/19/23</u>	28 <u>C10: SS 12/1/23</u> <u>BW20: AW 2/24/22</u>