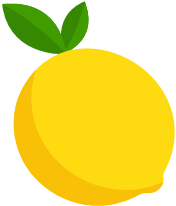
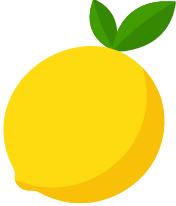




AUGUST 2026



SUN	MON	TUE	WED	THU	FRI	SAT
30 Walk20: RK 7/9/26 RY10: CJR 6/29/26	31 Barre10: AL 6/9/26 G&L10: SS 5/23/26 G&L20: RL 5/30/26		PAY #HARDCORE Zelle: triplegfitness Venmo: nicoletripleGfitness Paypal (LINKED)		PAY #HARDCORE Zelle: triplegfitness Venmo: nicoletripleGfitness Paypal (LINKED)	1 C10: SS 5/17/26 UPPER20: TO 5/10/26 A&S10: MM 5/1/26
2 Walk20: RK 6/17/26 YF10: DM 6/27/26	3 C10: RL 5/15/26 G&L10: RL 4/22/26 G&L20: BA 6/21/26	4 C10: TO 5/10/26 C&B10: AS 5/7/26 A&S20: JJ 4/30/26	5 Pilates15: EL 5/6/26 Flash15: JS 5/21/26	6 FR10: HC 12/18/25 Stretch10: Kirra 7/13/26	7 C10: JS 5/16/26 Pilates10: AG 7/2/26 G&L20: RA 6/5/26	8 C10: JJ 5/7/26 C&B20: JJ 6/11/26 A&S10: KW 4/29/26
9 <u>Walk20: SC 6/24/26</u> <u>YF10: CJR 6/25/26</u>	10 C10: ZN 5/5/26 G&L10: TO 5/3/26 G&L20: KW 6/24/26	11 C10: AW 5/23/26 UPPER20: JTR 5/11/26 A&S10: CG 5/20/26	12 Pilates15: RK 6/14/26 Flash15: JS 6/4/26	13 FR10: RK 11/20/25 Stretch10: RL 7/7/26	14 C10: KW 5/22/26 Barre10: HC 6/9/21 G&L20: ZN 6/10/26	15 C10: EL 6/3/26 UPPER20: KW 5/8/26 A&S10: LA 5/7/26
16 Walk20: JH 7/1/26 YF20: AG 6/24/26	17 C10: RK 5/28/26 G&L10: AS 5/21/26 G&L20: SS 5/28/26	18 C10: JTR 5/25/26 C&B10: SS 5/24/26 A&S20: TO 6/7/26	19 Pilates15: Aditi 6/4/26 Flash15: JS 6/18/26	20 FR10: HC 2/6/25 Stretch10: AS 6/19/26	21 C10: SS 5/28/26 Pilates10: HC 6/8/26 G&L20: CG 6/20/26	22 C10: ZN 6/6/26 C&B20: RA 5/22/26 A&S10: LA 6/14/26
23 Walk20: RA 6/3/26 YF10: NS 4/6/26	24 C10: RL 5/15/26 G&L10: RL 4/22/26 G&L20: BA 6/21/26	25 C10: TO 5/10/26 C&B10: AS 5/7/26 A&S20: JJ 4/30/26	26 Pilates15: EL 5/6/26 Flash15: JS 5/21/26	27 FR10: HC 12/18/25 Stretch10: Kirra 7/13/26	28 C10: JS 5/16/26 Pilates10: AG 7/2/26 G&L20: RA 6/5/26	29 C10: JJ 5/7/26 C&B20: JJ 6/11/26 A&S10: KW 4/29/26

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>