



August 2018

| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|-----------|--|--|---|--|-----------|--|
| | | | 1 Body Sculpt 11:30 am – 12:30 pm | 2 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm | 3 | 4 |
| 5 | 6 Namaste Yoga 5:30 pm – 6:30 pm | 7 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm | 8 | 9 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm | 10 | 11 |
| 12 | 13 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm | 14 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm | 15 Body Sculpt 11:30 am – 12:30 pm | 16 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm | 17 | 18 Family Dog Training 9:00 am – 10:00 am |
| 19 | 20 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm | 21 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm | 22 Body Sculpt 11:30 am – 12:30 pm | 23 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm | 24 | 25 Family Dog Training 9:00 am – 10:00 am |
| 26 | 27 Body Sculpt 11:30 am – 12:30 pm Namaste Yoga 5:30 pm – 6:30 pm | 28 Insanity Live 12:00 pm - 1:00 pm Adult Tae Kwon Do 7:00 pm – 8:00 pm | 29 Body Sculpt 11:30 am – 12:30 pm | 30 Adult Tae Kwon Do 7:00 pm – 8:00 pm | 31 | |

notes

For Questions Call 719-687-5225

Visit Our Website: www.city-woodlandpark.org/parks-and-recreation

Come see us, Monday – Friday, 8am – 5pm located next to City Hall, 204 W. South Ave.