

WELLNESS ON THE LAWN AUG & SEPT 2020

PARKPLACELEAWOOD.COM

AUGUST OUTDOOR WORKOUTS

SUN	MON	TUE	WED	THU	FRI	SAT
						01 7 am: Free Outdoor Bootcamp w/ OrangeTheory Fitness
02	03	04	05	06	07 9:30am: Free Outdoor "Mommy & Me" Stroller Workout w/ FabMama	08 7 am: Free Outdoor Bootcamp w/ OrangeTheory Fitness
09	10 11 am: Free Outdoor Barre Class w/ The Bar Method	11	12	13	14 9:30am: Free Outdoor "Mommy & Me" Stroller Workout w/ FabMama	15 7 am: Free Outdoor Bootcamp w/ OrangeTheory Fitness
16	17	18	19	20	21 9:30am: Free Outdoor "Mommy & Me" Stroller Workout w/ FabMama	22 7 am: Free Outdoor Bootcamp w/ OrangeTheory Fitness
23	24 11 am: Free Outdoor Barre Class w/ The Bar Method	25	26	27	28 9:30am: Free Outdoor "Mommy & Me" Stroller Workout w/ FabMama	29 7 am: Free Outdoor Bootcamp w/ OrangeTheory Fitness
30	31					

SEPTEMBER - OUTDOOR WORKOUTS

SUN	MON	TUE	WED	THU	FRI	SAT
		01	02	03	04	05
					9:30am: Free Outdoor "Mommy & Me" Stroller Workout w/ FabMama	7am: Free Outdoor Bootcamp w/ OrangeTheory Fitness
06	07	08	09	10	11	12
		11am: Free Outdoor Barre Class w/ The Bar Method			9:30am: Free Outdoor "Mommy & Me" Stroller Workout w/ FabMama	7am: Free Outdoor Bootcamp w/ OrangeTheory Fitness
13	14	15	16	17	18	19
					9:30am: Free Outdoor "Mommy & Me" Stroller Workout w/ FabMama	7am: Free Outdoor Bootcamp w/ OrangeTheory Fitness
20	21	22	23	24	25	26
		11am: Free Outdoor Barre Class w/ The Bar Method			9:30am: Free Outdoor "Mommy & Me" Stroller Workout w/ FabMama	7am: Free Outdoor Bootcamp w/ OrangeTheory Fitness
27	28	29	30			