

Grass Roots Fitness

Unlimited Classes \$59 - August 3rd – September 7th

Classes held at Lakevale Clubhouse 2554 Oak Valley Drive, Vienna, VA
 And
 James Madison High School Track
 2500 James Madison Drive, Vienna, VA

	~ August 2015 ~						
◀ July	Sun	Mon	Tue	Wed	Thu	Fri	September ▶
							1
2	3	CST 7:30a.m.	Boot Camp 5:45a.m. James Madison HS	Body Sculpting 9:00a.m.	Boot Camp 5:45a.m. James Madison HS	No Class	8
9	10	CST 7:30a.m.	Boot Camp 5:45a.m. James Madison HS	Body Sculpting 9:00a.m.	Boot Camp 5:45a.m. James Madison HS	No Class	15
16	17	CST 7:30a.m.	Boot Camp 5:45a.m. James Madison HS	Body Sculpting 9:00a.m.	Boot Camp 5:45a.m. James Madison HS	No Class	22
23	24	*TBD 7:30a.m.	Vinyasa Yoga 5:45a.m. *Lauren Dunne Lakevale Clubhouse	*TBD 9:00a.m.	*TBD 5:45a.m.	No Class	29
30	31	CST 7:30a.m.					

More Calendars: [Sep 2015](#), [Oct 2015](#), [Nov 2015](#)

September 2015

1 Boot Camp 5:45a.m. James Madison HS	2 Body Sculpting 9:00a.m.	3 Boot Camp 5:45a.m. James Madison HS	4 No Class
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** Monday, September 7th Labor Day – 7:30a.m. FREE Co-ed Boot Camp

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