

AUG 2026

SUN MON TUE WED THU FRI SAT

This month, we're SWITCHING GEARS Slow, to steady, to <i>speedy</i>!						1 9:00 am (40m) STRONGER 9:45 am (30m) 🌀 MOBILITY TARGETS: Shoulders
2  10:00 am (60m) OUTDOOR CIRCUIT	3	4 8:30 am (40m) STRONG 'n MOBILE	5	6 8:30 am (40m) SOLID FLOW	7	8 9:00 am (40m) STRONGER 9:45 am (30m) 🌀 MOBILITY TARGETS: Desk stretch
9  10:00 am (60m) OUTDOOR CIRCUIT	10	11 8:30 am (40m) STRONG 'n MOBILE	12	13 8:30 am (40m) SOLID FLOW	14	15 9:00 am (40m) STRONGER 9:45 am (30m) 🌀 MOBILITY TARGETS: Driving
16  10:00 am (60m) OUTDOOR CIRCUIT	17	18 8:30 am (40m) STRONG 'n MOBILE	19	20 8:30 am (40m) SOLID FLOW	21	22 9:00 am (40m) STRONGER 9:45 am (20m) 🌀 MOBILITY TARGETS: Paddle-board
23/30  10:00 am (60m) OUTDOOR CIRCUIT	24/31	25 8:30 am (40m) STRONG 'n MOBILE	26	27 8:30 am (40m) SOLID FLOW	28	29 9:00 am (40m) STRONGER 9:45 am (30m) 🌀 MOBILITY TARGETS: Aqua mobility

DONATIONS ♥ JUL AUG SEPT 2026

SCHEDULE IS IN PACIFIC TIME

