

July

2021

HAWAII ALL-STARS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
GYM CLOSED	KRUNCH- J1 3:30-5:30. J4 4:30-6:30 KARMA - S2 5:30-7:30	KOWGURLZ M1 3:30-5:00 KaBOOM - J2 4:30-6:30 K-POP - Y1 5:30-7:30 HiKonic - S6 6:30-8:30	KRUNCH- J1 3:30-5:30 J4 5:30-7:30	KARMA - S2 4:30-6:30 K-POP - Y1 5:30-7:30 HiKonic - S6 6:30-8:30	KOWGURLZ M1 3:30-5:00 KaBOOM - J2. 4:30-6:30 FUNDAMENTALS 5:00 - 6:00 1 6:00 - 7:00 2/3	STRETCH CLASS 10:00-11:00 Y1, J1, M1, 11:00-12:00 J2, S2, J4, S6 OPEN GYM 10:00-12:00
4	5	6	7	8	9	10
GYM CLOSED	KRUNCH- J1 3:30-5:30. J4 4:30-6:30 KARMA - S2 5:30-7:30	KOWGURLZ M1 3:30-5:00 KaBOOM - J2 4:30-6:30 K-POP - Y1 5:30-7:30 HiKonic - S6 6:30-8:30	KRUNCH- J1 3:30-5:30 J4 5:30-7:30	KARMA - S2 4:30-6:30 K-POP - Y1 5:30-7:30 HiKonic - S6 6:30-8:30	KOWGURLZ M1 3:30-5:00 KaBOOM - J2. 4:30-6:30 FUNDAMENTALS 5:00 - 6:00 1 6:00 - 7:00 2/3	STRETCH CLASS 10:00-11:00 Y1, J1, M1, 11:00-12:00 J2, S2, J4, S6 OPEN GYM 10:00-12:00
11	12	13	14	15	16	17
GYM CLOSED	KRUNCH- J1 3:30-5:30. J4 4:30-6:30 KARMA - S2 5:30-7:30	KOWGURLZ M1 3:30-5:00 KaBOOM - J2 4:30-6:30 K-POP - Y1 5:30-7:30 HiKonic - S6 6:30-8:30	KRUNCH- J1 3:30-5:30 J4 5:30-7:30	KARMA - S2 4:30-6:30 K-POP - Y1 5:30-7:30 HiKonic - S6 6:30-8:30	KOWGURLZ M1 3:30-5:00 KaBOOM - J2. 4:30-6:30 FUNDAMENTALS 5:00 - 6:00 1 6:00 - 7:00 2/3	STRETCH CLASS 10:00-11:00 Y1, J1, M1, 11:00-12:00 J2, S2, J4, S6 BHS 10:00-11:00 Tucks 11:00-12:00 Lays/Fulls 12:00-1:00 OPEN GYM 1:00-3:00
18	19	20	21	22	23	24
GYM CLOSED	KRUNCH- J1 3:30-5:30. J4 4:30-6:30 KARMA - S2 5:30-7:30	KOWGURLZ M1 3:30-5:00 KaBOOM - J2 4:30-6:30 K-POP - Y1 5:30-7:30 HiKonic - S6 6:30-8:30	KRUNCH- J1 3:30-5:30 J4 5:30-7:30	KARMA - S2 4:30-6:30 K-POP - Y1 5:30-7:30 HiKonic - S6 6:30-8:30	KOWGURLZ M1 3:30-5:00 KaBOOM - J2. 4:30-6:30 FUNDAMENTALS 5:00 - 6:00 1 6:00 - 7:00 2/3	STRETCH CLASS 10:00-11:00 Y1, J1, M1, 11:00-12:00 J2, S2, J4, S6 BHS 10:00-11:00 Tucks 11:00-12:00 Lays/Fulls 12:00-1:00 OPEN GYM 1:00-3:00
25	26	27	28	29	30	31
GYM CLOSED	KRUNCH- J1 3:30-5:30. J4 4:30-6:30 KARMA - S2 5:30-7:30	KOWGURLZ M1 3:30-5:00 KaBOOM - J2 4:30-6:30 K-POP - Y1 5:30-7:30 HiKonic - S6 6:30-8:30	KRUNCH- J1 3:30-5:30 J4 5:30-7:30	KARMA - S2 4:30-6:30 K-POP - Y1 5:30-7:30 HiKonic - S6 6:30-8:30	KOWGURLZ M1 3:30-5:00 KaBOOM - J2. 4:30-6:30 FUNDAMENTALS 5:00 - 6:00 1 6:00 - 7:00 2/3	STRETCH CLASS 10:00-11:00 Y1, J1, M1, 11:00-12:00 J2, S2, J4, S6 BHS 10:00-11:00 Tucks 11:00-12:00 Lays/Fulls 12:00-1:00 OPEN GYM 1:00-3:00