

**AUGUST
2019**

SACRAMENTO PIPEWORKS



Hours
Monday - Friday 6:00am -10pm
Saturday & Sunday 9am - 6pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Interested in taking CrossFit? Members can try CrossFit one time free, then classes cost \$5 each. Add unlimited CrossFit to your membership for \$20 per month!				1 Cross Training 7am Yoga 12 noon Intense Abs 5:15-5:45 Cycling 5:45pm NO Gi Jiu-Jitsu 6:00pm Yoga 7:00pm	2 Yoga 12 noon Gi Jiu-Jitsu 6:00pm Yoga 6:30pm <i>Womxn Meet Up 6pm</i>	3 Yoga 9:30am Kids Belay 12-4pm (\$30.00 per hr)
4 Yoga 10:00am Kids Belay 12-4pm (\$30.00 per hr)	5 Yoga 12 noon Indoor Cycling 5:45pm Gi Jiu-Jitsu 6:00pm Yoga 6:30pm Yoga 7:45pm	6 Cross Training 7am Yoga 12 noon Indoor Cycling 5:45pm NO Gi Jiu-Jitsu 6:00pm Yoga 6:45pm Yoga 8:00pm	7 Yoga 12 noon Belly Dance 5:30pm Indoor Cycling 5:45 pm Gi Jiu-Jitsu 6:00pm Yoga 6:30pm Yoga 7:45pm	8 Cross Training 7am Yoga 12 noon Intense Abs 5:15-5:45 Cycling 5:45pm NO Gi Jiu-Jitsu 6:00pm Yoga 7:00pm <i>Soul Ascension 7pm</i>	9 Yoga 12 noon Gi Jiu-Jitsu 6:00pm Yoga 6:30pm	10 Yoga 9:30am Kids Belay 12-4pm (\$30.00 per hr)
11 Yoga 10:00am Kids Belay 12-4pm (\$30.00 per hr)	12 Yoga 12 noon Indoor Cycling 5:45pm Gi Jiu-Jitsu 6:00pm Yoga 6:30pm Yoga 7:45pm	13 Cross Training 7am Yoga 12 noon Indoor Cycling 5:45pm NO Gi Jiu-Jitsu 6:00pm Yoga 6:45pm Yoga 8:00pm <i>2 Day Lead Clinic 7pm</i>	14 Yoga 12 noon Belly Dance 5:30pm Indoor Cycling 5:45 pm Gi Jiu-Jitsu 6:00pm Yoga 6:30pm Yoga 7:45pm	15 Cross Training 7am Yoga 12 noon Intense Abs 5:15-5:45 Cycling 5:45pm NO Gi Jiu-Jitsu 6:00pm Yoga 7:00pm	16 Yoga 12 noon Gi Jiu-Jitsu 6:00pm Yoga 6:30pm <i>Midnight Climbing Gym closes at 12!</i>	17 Yoga 9:30am Kids Belay 12-4pm (\$30.00 per hr)
18 Yoga 10:00am Kids Belay 12-4pm (\$30.00 per hr)	19 Yoga 12 noon Indoor Cycling 5:45pm Gi Jiu-Jitsu 6:00pm Yoga 6:30pm Yoga 7:45pm	20 Cross Training 7am Yoga 12 noon Indoor Cycling 5:45pm NO Gi Jiu-Jitsu 6:00pm Yoga 6:45pm Yoga 8:00pm <i>2 Day Lead Clinic 7pm</i>	21 Yoga 12 noon Belly Dance 5:30pm Indoor Cycling 5:45 pm Gi Jiu-Jitsu 6:00pm Yoga 6:30pm Yoga 7:45pm <i>Handstand Clinic 7pm</i>	22 Cross Training 7am Yoga 12 noon Intense Abs 5:15-5:45 Cycling 5:45pm NO Gi Jiu-Jitsu 6:00pm Yoga 7:00pm <i>Basic Technique 7pm Queer Crush 6:30pm</i>	23 Yoga 12 noon Gi Jiu-Jitsu 6:00pm Yoga 6:30pm	24 Yoga 9:30am Kids Belay 12-4pm (\$30.00 per hr)
25 Yoga 10:00am Kids Belay 12-4pm (\$30.00 per hr)	26 Yoga 12 noon Indoor Cycling 5:45pm Gi Jiu-Jitsu 6:00pm Yoga 6:30pm Yoga 7:45pm	27 Cross Training 7am Yoga 12 noon Indoor Cycling 5:45pm NO Gi Jiu-Jitsu 6:00pm Yoga 6:45pm Yoga 8:00pm	28 Yoga 12 noon Belly Dance 5:30pm Indoor Cycling 5:45 pm Gi Jiu-Jitsu 6:00pm Yoga 6:30pm Yoga 7:45pm <i>Acro Clinic 7pm</i>	29 Cross Training 7am Yoga 12 noon Intense Abs 5:15-5:45 Cycling 5:45pm NO Gi Jiu-Jitsu 6:00pm Yoga 7:00pm	30 Yoga 12 noon Gi Jiu-Jitsu 6:00pm Yoga 6:30pm	31 Yoga 9:30am Kids Belay 12-4pm (\$30.00 per hr)

Monday
Yoga 12 Noon - Linda
Gi Jiu-Jitsu 6:00pm - Brad
Yoga 6:30pm - Jamie - NEW!
Yoga 7:45pm - Leah

Tuesday
Cross Training 7am - Jenny
Yoga 12 Noon - Sariah
NO Gi Jiu-Jitsu 6:00pm - Brad
Yoga 6:45pm - Robert
Yoga 8:00pm - Robert

Wednesday
Yoga 12 Noon - Robert
Belly Dancing 5:30pm - Stephanie
Gi Jiu-Jitsu 6:00pm - Brad
Yoga 6:30pm - Robert
Yoga 7:45pm - Savina

Thursday
Cross Training 7am - Jenny
Yoga 12 Noon - Reno
Intense Abs 5:15-5:45 - Robert
NO Gi Jiu-Jitsu 6:00pm - Brad
Yoga 7:00pm - Heather

Friday
Yoga 12 Noon - Linda
Gi Jiu-Jitsu 6:00pm - Brad
Yoga 6:30pm - Kristine

Saturday
Yoga 9:30am - Karen - NEW!

Sunday
Yoga 10:00am - Stephanie



PIPEWORKS
SACRAMENTO, CALIFORNIA

**Classes are
FREE for
MEMBERS**

Indoor Cycling

Monday 5:45 - Monica

Tuesday 5:45 - Jenny F.

Wednesday 5:45 - Erika - NEW!

Thursday 5:45 - Jany - NEW!

This Month's Specials
Gym Closes @ Midnight
Friday 16th
Sponsored by CRAGS

Climbing Resource Advocates For Greater Sacramento

Womxn Meet Up Group 1st Friday
Soul Ascension Crew 2nd Thursday
Queer Crush 4th Thursday

FREE For Members
Handstand Clinic Wed. 21st 7pm
Acro Clinic Wed. 28th 7pm

CLINICS

2 Day Lead Clinic - Tuesday
13th and Tuesday 20th, 7pm
Basic Tech - Thursday 22nd 7pm