

July 2021 Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am		BODYCOMBAT Lisa 7/6 & 7/27 Hannah 7/13 & 7/20			BODYPUMP Bobby	
8:30am	BODYPUMP Rachael Melissa 7/12 Lisa 7/19		ZUMBA Bobby	BODYPUMP Lisa	BODYCOMBAT Lisa	BODYPUMP Jessica
9:30am						CYCLING JULY 17 th DEMO CLASS Barre Above & Pop Pilates With Hannah
5:30pm	CYCLING Patrice BODYPUMP Kourtney	BODYPUMP Kristie	CYCLING Stephanie	BODYPUMP Kourtney		
6:30pm	ZUMBA Chanel					
6:45pm		BODYJAM Morgan		BODYCOMBAT Ashley		
7:00pm			HIP HOP Stephanie			

SUMMER VIBES LAUNCH WEEK will be **July 12-17th!** New releases & themed classes! **BE THERE!**