

## GROUP FITNESS SCHEDULE July 2022

New Classes/Instructors Highlighted in **blue**, **Purple** & **Green**

No class days in **red**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27	28	29	30	1	2
7:00 AM						
8:00AM		Grit Strength-Bobby	GRIT/Athletic-Racheal			
8:30AM	Body Pump-Racheal	Cycling-Racheal	Zumba Bobby	Body Pump – Lisa	Body Combat Lisa	No Classes. Have a Happy 4 <sup>th</sup>
9:30am	Yoga-Mirka				Yoga-Mirka	
4:30pm	Yoga Mirka		Yoga-Mirka			
5:30PM	Cycling-Jessica	BODYPUMP -Heather	CYCLING-Patrice	BODY PUMP Jessica		
6:30PM	Zumba-Chanel	Body Combat - Ashley				
7:00PM			Hip Hop Stephanie			
	4	5	6	7	8	9
7:00AM						
8:00AM		GRIT Strength-Bobby	GRIT–Athletic Racheal			
8:30AM	No classes- Have a happy 4 <sup>th</sup>	Cycling-Racheal	Zumba-Bobby	Body Pump- Lisa	Combat-Lisa	Body Pump-Bobby
9:30am					Yoga-Mirka	
4:30PM			Yoga-Mirka			
5:30PM		BODYPUMP – Heather	Cycling- Patrice	Body Pump-Jessica		
6:30PM		Body Combat – Ashley				
7:00PM			Hip Hop- Stephanie			

	11	12	13	14	15	16
7:00AM						
8:00AM		GRIT Strength-Bobby	GRIT-Athletic-Racheal			
8:30AM	Body Pump- Racheal	Cycling- Racheal	Zumba- Bobby	Body Pump- Racheal	Body Combat – Lisa	Body Pump-Heather
9:30am	Yoga-Mirka				Yoga-Mirka	
4:30pm	Yoga-Mirka		Yoga-Mirka			
5:30PM	CYCLING - Heather	BODYPUMP - Heather	Cycling- Patrice	Body Pump- Elbert		
6:30PM	Zumba - Chanel	Body Combat - Ashley				
7:00PM			Hip Hop-Stephanie			
	18	19	20	21	22	23
7:00AM						
8:00AM		GRIT Strength-Bobby	Grit athletic-Jessica			
8:30AM	Body Pump-Elbert	Cycling-Lisa	Zumba – Bobby	Body Pump - Lisa	Body combat-Lisa Yoga-No class	Body Pump-Elbert
9:30am	Yoga-Mirka					
4:30PM	Yoga-Mirka		Yoga-Mirka			
5:30PM	Cycling – Heather	BODYPUMP -Heather	Cycling-Heather	Body Pump-Jessica		
6:30PM	Zumba - Chanel	Body Combat- Ashley				
7:00PM			Hip Hop - Stephanie			
	25	26	27	28	29	30
7:00AM						
8:00AM		GRIT Strength-Bobby	GRIT Athletic-Elbert			
8:30AM	Body Pump- Elbert	Cycling- Jessica	Zumba - Bobby	Body Pump- Lisa	Body Combat – Lisa	Body Pump-Bobby
9:30am	Yoga-Mirka				Yoga- Mirka	
4:30PM	Yoga- Mirka		Yoga-Mirka			
5:30PM	Cycling-Heather	Body Pump- Heather	Cycling Patrice	Body Pump- Jessica		
6:30PM	Zumba-Chanel	Body Combat- Ashley				
7:00PM			Hip Hop - Stephanie			