



Group Fitness Classes - July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 8:30a-9:30 Cycling - Rachael

2 No Classes	3 8:30a-9:30 BodyPump - Rachael	4 No Classes Happy 4th of July! No Classes	5 8:30a-9:30 Zumba - Bobby	6 8:30a-9:30 BodyPump - Bobby	7 8:30a-9:30 Cycling - Rachael	8 8:30a-9:30 Yoga - Hannah
	9:30a-10:30 Yoga - Hannah				9:30a-10:30 Zumba - Yajaira	
	5:30p-6:30 Cycling - Rachael			5:30p-6:30 Yoga - Heather		
6:30p-7:30 Zumba - Chanel			7:00p-8:00 Hip Hop - Stephanie			

9 No Classes	10 8:30a-9:30 BodyPump - Lisa	11 8:00a-8:30 Grit Strength - Bobby	12 8:30a-9:30 Zumba - Bobby	13 8:30a-9:30 BodyPump - Lisa	14 8:30a-9:30 BodyCombat - Lisa	15 8:30a-9:30 BodyPump - Bobby
	9:30a-10:30 Yoga - Hannah				9:30a-10:30 Zumba - Yajaira	
	5:30p-6:30 Cycling - Heather	5:30p-6:30 BodyPump - Heather		5:30p-6:30 Yoga - Hannah		
6:30p-7:30 Zumba - Chanel	6:30p-7:30 BodyCombat - Ashley		7:00p-8:00 Hip Hop - Stephanie			



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
16 <i>No Classes</i>	17 8:30a-9:30 BodyPump - Elbert 9:30a-10:30 Yoga - Hannah	18 8:00a-8:30 Grit Strength - Bobby	19 8:30a-9:30 Zumba - Bobby	20 8:30a-9:30 BodyPump - Lisa	21 8:30a-9:30 BodyCombat - Lisa 9:30a-10:30 Zumba - Yajaira	22 8:30a-9:30 BodyPump - Bobby
	5:30p-6:30 Cycling - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop - Stephanie	5:30p-6:30 Yoga - Hannah		

23 <i>No Classes</i>	24 8:30a-9:30 BodyPump - Rachael 9:30a-10:30 Yoga - Hannah	25 8:00a-8:30 Grit Strength - Bobby	26 8:30a-9:30 Zumba - Bobby	27 8:30a-9:30 BodyPump - Bobby	28 8:30a-9 Grit Athletic - Rachael 9:30a-10:30 Zumba - Yajaira	29 8:30a-9:30 Cycling - Rachael
	5:30p-6:30 Cycling - Heather 6:30p-7:30 Zumba - Chanel	5:30p-6:30 BodyPump - Heather 6:30p-7:30 BodyCombat - Ashley	7:00p-8:00 Hip Hop - Stephanie	5:30p-6:30 Yoga - Hannah		

30 <i>No Classes</i>	31 8:30a-9:30 BodyPump - Rachael 9:30a-10:30 Yoga - Hannah					
	5:30p-6:30 Cycling - Heather 6:30p-7:30 Zumba - Chanel					