

# Fit for Life 24 Apex Group Fitness: July 2019

**Group Fitness Launch: 7.20, 7.22 & 7.23**

**\*Thursday Zumba has moved to 6:20 PM\***

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris			
6:00-6:45 AM					CYCLE CANCELED	
8:45-9:45 AM						BODY PUMP Denise
9:00-9:45 AM	SMARTFIT HIITUB		SMARTFIT HIIT LB	HAPPY 4TH OF JULY ALL CLASSES CANCELED	SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM		BODYPUMP Christi				
10-11:00 AM						BODYATTACK Brigitte
11-12:00 PM		SENIOR FIT: 11:15 Chris	SENIOR FIT Chris			BODYCOMBAT CANCELED
2:00 -3:00 PM					BODYCOMBAT CANCELED	
5:30-6:30 PM	BODYPUMP Brigitte				BODY PUMP Christi	
5:45- 6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMARTFIT HIIT LB 6:15 PM CYCLE Chris	BODYATTACK Denisse	SMARTFIT HIIT UB			
6:30 -7:30 PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise			
7:00-8:00 PM		ZUMBA Anabel				
	8	9	10	11	12	13
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
7:00-7:45 AM			SENIOR FIT Chris			
8:45-9:45 AM						BODY PUMP Denise
9:00-9:45AM	SMARTFIT HIITUB		SMARTFIT HIIT LB		SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM		BODYPUMP Christi		CYCLE H.I.I.T Melissa		
10-11:00 AM						BODYATTACK Joel
11-12:00 PM		SENIOR FIT: 11:15 Chris		SENIOR FIT Sarah		BODYCOMBAT/BODYPUMP Jen
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODY PUMP Christi	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMARTFIT HIIT LB 6:15 PM CYCLE Chris	BODYATTACK Denisse	SMARTFIT HIIT UB	6:20 PM ZUMBA Anabel		
6:45-7:30 PM						
6:30-7:30 PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				
	15	16	17	18	19	20
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Denise		
6:00-6:45 AM					CYCLE Melissa	
7:00-7:45 AM			SENIOR FIT Chris			
8:45-9:45 AM						BODY PUMP LAUNCH

9:00-10:00 AM	SMARTFIT HIIT UB				SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM		BODYPUMP Sarah	SMARTFIT HIIT LB	CYCLE H.I.I.T Melissa		
10-11:00 AM						BODYATTACK LAUNCH
11-12:00 PM		SENIOR FIT: 11:15 Chris		SENIOR FIT Elaine		BODYCOMBAT Jen
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Brigitte	BODYPUMP Trisha	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIITUB	BODYATTACK	SMARTFIT HIIT LB	6:20 PM ZUMBA Anabel		
6:45-7:30 PM	6:15 PM CYCLE Chris	Denisse				
6:30-7:30 PM	BODYCOMBAT Jen	SMARTFIT HIIT LB	BODYPUMP Denise	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA Anabel				
22		23	24	25	26	27
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris	BODY PUMP Tameka		
6:00-6:45 AM					CYCLE Tameka	
7:00-7:45 AM			SENIOR FIT Chris			
8:45- 9:45 AM						BODY PUMP Denise
9:00-10:00 AM	SMARTFIT HIIT UB		SMARTFIT HIIT LB		SMARTFIT HIIT UB	SMARTFIT HIIT LB
9:30-10:30 AM		BODYPUMP Christi		CYCLE H.I.I.T Melissa		
10-11:00 AM						BODYATTACK Joel
11-12:00 PM		SENIOR FIT: 11:15 Chris		SENIOR FIT Elaine		BODYCOMBAT Jen
2:00-3:00 PM					BODY COMBAT Jen	
5:30-6:30 PM	BODYPUMP Brigitte			BODY ATTACK Denise	BODY PUMP Christi	
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK	SMARTFIT HIIT LB	6:20 PM ZUMBA Anabel		
6:45-7:30 PM	6:15 PM CYCLE Chris	Denisse				
6:30-7:30PM	BODYCOMBAT LAUNCH	SMARTFIT HIIT LB	BODYPUMP Denise	SMARTFIT HIIT LB		
7:00-8:00 PM		ZUMBA LAUNCH				
29		30	31			
5:40-6:30 AM		BODYPUMP Kathy	CYCLE Chris			
6:00-6:45 AM						
7:00-7:45 AM			SENIOR FIT Chris			
8:45-9:45 AM						
9:00-10:00 AM	SMARTFIT HIIT UB		SMARTFIT HIIT LB			
9:30-10:30 AM		BODYPUMP Christi				
10-11:00 AM						
11-12:00 PM		SENIOR FIT: 11:15 Chris				
2:00-3:00 PM						
5:30-6:30 PM	BODYPUMP Brigitte					
5:45-6:30 PM			ZUMBA Anabel			
6:00-7:00 PM	SMART FIT HIIT UB	BODYATTACK	SMARTFIT HIIT LB			
		Denisse				

6:30-7:30 PM	BODYCOMBAT	Jen	SMARTFIT	HIIT LB	BODYPUMP	Denise			
6:45-7:30 PM	6:15 PM CYCLE	Chris							
7:00-8:00 PM			ZUMBA	Anabel					