

GROUP FITNESS/YOGA July 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	TA Tara Absher CD Cate Davis KL Kimberly Leatherman SL Stacey Lockman MM Mary Masius KM Kim McMurray JM Jamie Moon KP Katie Propst TS Tamsey Smith	Angel Angel Stoy JK J King RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton AS Alyson Switzer SC Sandra Cox DW Dan Woodrome DW Dan Woodrome	1 9:00 HIIT Laurie 12:00 Pilates KP 6:15 HIIT JM	2 9:00 Yoga TA 12:00 BARRE KP 6:15 BODYPUMP CC	3 9:00 HIIT JM *NO 12:00 Class today*	4 8:30 Yoga TA 9:40 BODYPUMP SL
5 *NO Classes today* Happy 4th of July holiday	6 9:00 HIIT JM *NO PM Classes today* Happy holiday!	7 9:00 Yoga TA *NO 12:00 Class today* 6:15 BODYPUMP SL	8 9:00 HIIT Laurie 12:00 BODYPUMP Angel 6:15 HIIT JM	9 9:00 Yoga TA 12:00 BARRE KP 6:15 BODYPUMP CC	10 9:00 HIIT JM 12:00 BODYPUMP Angel	11 8:30 Yoga MM 9:40 BODYPUMP Angel
12 1:30 ZUMBA Sandra	13 9:00 HIIT JM 12:00 BODYPUMP CC 6:15 HIIT CC	14 9:00 Yoga TA 12:00 BARRE KP 6:15 BODYPUMP CC	15 9:00 HIIT Laurie 12:00 Pilates KP 6:15 HIIT JM	16 9:00 Yoga TA 12:00 BARRE KP 6:15 BODYPUMP CC	17 9:00 HIIT Laurie 12:00 BODYPUMP Angel	18 *NO Classes today*
19 *NO Classes today*	20 9:00 HIIT JM 12:00 BODYPUMP Angel 6:15 HIIT CC	21	22	23	24	25
26	27	28	29	30	31	