GROUP FITNESS/YOGA July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	TA Tara Absher CD Cate Davis 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	AS Alyson Switzer SC Sandra Cox	1 5:15 HIIT JM 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	2 5:15 BODYPUMP SL 9:15 HIIT LF ***NO12:00 Class today***	3 8:30 Yoga TA 9:45 BODYPUMP SL 11:00 ZUMBA Laurie
4 Happy 4th of July! *NO Classes today*	5 Holiday Schedule *NO 5:15 Class today* 9:15 HIIT JM 12:00 BODYPUMP CC *NO Evening Classes today*	6 5:15 HIIT JM 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sarah	7 5:15 BODYPUMP SL 9:15 HIIT JM 12:00 Pilates KP ***NO 5:15 Class today*** 6:15 HIIT JM	8 5:15 HIIT JM 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Rob	9 5:15 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	10 8:30 Yoga MM 9:45 BODYPUMP MH 11:00 ZUMBA Sandra
11 1:30 ZUMBA Rob 3:00 Yoga MM	12 5:15 BODYPUMP Angel 9:15 HIIT JM 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT CC	13 5:15 HIIT TS 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	14 5:15 BODYPUMP Angel 9:15 HIIT TS 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	15 5:15 HIIT JM 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	16 5:15 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	17 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Sarah
18 1:30 ZUMBA Laurie 3:00 Yoga TA	19 5:15 BODYPUMP Angel 9:15 HIIT JM 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT CC	20 5:15 HIIT TS 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	21 5:15 BODYPUMP SL 9:15 HIIT TS 12:00 Pilates KP 5:15 BARRE CD 6:15 HIIT JM	22 5:15 HIIT JM 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	23 5:15 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	24 8:30 Yoga TA 9:45 BODYPUMP MH 11:00 ZUMBA Sandra
25 1:30 ZUMBA Rob 3:00 Yoga TA	26 5:15 BODYPUMP Angel 9:15 HIIT JM 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT CC	27 5:15 HIIT TS 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	28 5:15 BODYPUMP Angel 9:15 HIIT TS 12:00 Pilates TS 5:15 BARRE KP 6:15 HIIT JM	29 5:15 HIIT JM 9:00 Yoga TA 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH ***NO 7:30 Class today***	30 5:15 BODYPUMP Angel 9:15 HIIT LF 12:00 BODYPUMP CC	31 8:30 Yoga MM 9:45 BODYPUMP Angel ***NO 11:00 Class today***