

Group Fitness July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	2 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Rob	3 5:15 BODYPUMP SL <u>*No 9:00 Class today*</u> 9:15 HIIT JM <u>*NO PM Classes today*</u>	4 Happy 4th of July!! <u>*NO Classes today*</u>	5 5:15 BODYPUMP SL 9:15 HIIT JM 12:00 BODYPUMP CC	6 8:30 Yoga MM 9:45 BODYPUMP MH 11:00 ZUMBA Sarah
7 <u>*No 1:30 Class today*</u>	8 5:15 BODYPUMP Angel 9:15 HIIT JM <u>*NO 10:15 Class today*</u> 12:00 BODYPUMP CC <u>*No 5:15 Class today*</u> 6:15 HIIT JM	9 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC <u>*No 7:30 Class today*</u>	10 5:15 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	11 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sarah	12 5:15 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	13 8:30 Yoga TA 9:45 BODYPUMP CC 11:00 ZUMBA Laurie
14 1:30 Zumba Sarah	15 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	16 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA B-Day Rob	17 5:15 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	18 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	19 5:15 BODYPUMP SL 9:15 HIIT LF 12:00 BODYPUMP CC	20 8:30 Yoga MM 9:45 BODYPUMP Angel 11:00 ZUMBA Sandra
21 1:30 Zumba Rob	22 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	23 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP MH 7:30 ZUMBA Sandra	24 5:15 BODYPUMP Angel 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE KP 6:15 HIIT JM	25 5:15 HIIT JM 8:15 BODYPUMP Angel 9:15 Yoga MM 11:00 Booty Burn KM 12:00 BARRE KP 5:15 Yoga MM 6:15 BODYPUMP CC 7:30 ZUMBA Sarah	26 5:15 BODYPUMP SL 9:15 HIIT KW 12:00 BODYPUMP KF	27 8:30 Yoga TA 9:45 BODYPUMP TA 11:00 ZUMBA Rob
28 1:30 Zumba Laurie	29 5:15 BODYPUMP Angel 9:15 HIIT JM 10:15 Core Flex TS 12:00 BODYPUMP TS 5:15 BARRE TS 6:15 HIIT JM	30 5:15 HIIT JM 8:15 BODYPUMP TA 9:15 Yoga TA 12:00 BARRE KP 5:15 Yoga TA 6:15 BODYPUMP CC 7:30 ZUMBA Sandra	31 5:15 BODYPUMP SL 9:00 Full Body Mobility TS 9:15 HIIT TS 10:15 Gentle Yoga KM 12:00 Pilates TS 5:15 BARRE CD 6:15 HIIT JM	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	RC Rob Cox LF Laurie Flora SA Sarah Avett MH Madeleine Harris CC Cindy Carlton SC Sandra Cox KW Katie Williams KF Kelsey Floyd SP Susan Pless	