

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:30-11:30am Yoga	2	3 7-7:45am Butts & Guts 8-9am Spin class	4 6:15-7:15am HIIT 9-10am- Zumba 10-11am – Full Body Toning	5 8-9am Spin 9:30-10:30am 50+ Spin	6 6:15-7:15am HIIT	7 9-10am- Zumba 10-11am – Full Body Toning
8 10:30-11:30am Yoga	9	10 7-7:45am Butts & Guts 8-9am Spin class	11 6:15-7:15am HIIT 9-10am- Zumba 10-11am – Full Body Toning 11-12pm A Place to Start	12 8-9am Spin 9:30-10:30am 50+ Spin	13 6:15-7:15am HIIT	14 9-10am- Zumba 10-11am – BollyX
15 10:30-11:30am Yoga	16 11-1pm studio booked	17 7-7:45am Butts & Guts 8-9am Spin class	18 6:15-7:15am HIIT 9-10am- Zumba 10-11am – Full Body Toning	19 8-9am Spin 9:30-10:30am 50+ Spin	20 6:15-7:15am HIIT	21 9-10am- Zumba 10-11am – Full Body Toning 12:45-3:15pm Studio Booked
22 10:30-11:30am Yoga	23	24 7-7:45am Butts & Guts 8-9am Spin class	25 6:15-7:15am HIIT 9-10am- Zumba 10-11am – Full Body Toning 11-12pm A Place to Start	26 8-9am Spin 9:30-10:30am 50+ Spin	27 6:15-7:15am HIIT	28 9-10am- Zumba 10-11am – Full Body Toning
29 10:30-11:30am Yoga	30	31 7-7:45am Butts & Guts 8-9am Spin class				