

July

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	0900 Bootcamp Megan 1000 Dance Club Fitness Angie	0915 Zumba® Angie 1030 Total Pump AM Amanda	0900 Cycle AM Linzi 0900 Bootcamp Megan	0915 Zumba® Angie 1030 Total Pump AM Amanda	0900 PiYo® Amanda 1000 Dance Club Fitness Angie
MID-DAY					
EVENING	1630 Total Pump PM Emelia 1800 P90X Amanda	1800 Bootcamp Megan 1800 Cycle PM Rick	1630 Total Pump PM Emelia 1800 Zumba® Angie	1630 Belly Dancing Lola (no class on July 27 th) 1800 Cycle PM Geneva	
				(45 minutes)	

Saturday				
1 st	8 th	15 th	22 nd	29 th
0930 Sculpt & 1000 Cycle Linzi 1030 Zumba® Angie	0930 Sculpt & 1000 Cycle Linzi 1030 Zumba® Angie	0930 Sculpt & 1000 Cycle Linzi 1030 Zumba® Angie	1000 Cycle Geneva 1030 Zumba® Angie	0930 Sculpt & 1000 Cycle Linzi 1030 Zumba® Angie

Sunday
1100 Zumba® Erin

