

July Class Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 8:30am- Freestyle 12:00pm- Cardio Kick Box 5:30pm- Freestyle	2 <u>NO CLASSES</u>	3	4
5	6 8:30m-Step 12:00pm- Freestyle 5:30pm- The Ball Workout	7 8:30am- Freestyle 12:00pm- Step 4:00 pm Cardio kick box	8 8:30m- The Ball Workout 12:00pm- Freestyle 5:30pm – Step	9 8:30am- Freestyle 12:00pm- Step 4:00pm- Freestyle	10	11 8:30 am- Cardio Sculpt
12	13 8:30am- Freestyle 12:00pm The Ball Workout 5:30pm- Freestyle	14 8:30am- Step 12:00pm- Freestyle 4:00pm- Step	15 8:30am- Cardio Kick Box 12:00pm- Step 5:30pm – The Ball Workout	16 8:30am- Freestyle 12:00pm- Cardio Kick Box 4:00pm - Freestyle	17	18
19	20 8:30am-The Ball Workout 12:00pm- Freestyle 5:30pm- Step	21 8:30am- Freestyle 12:00pm- Step 4:00 pm Cardio kick box	22 8:30am-Step 12:00pm- Freestyle 5:30pm- Freestyle	23 8:30am- Freestyle 12:00pm- Step 4:00pm- Freestyle	24	25
26	27 8:30am- Freestyle 12:00pm- Step 5:30pm- Freestyle	28 8:30am- Step 12:00pm- The Ball Workout 4:00pm- Step	29 8:30am- Freestyle 12:00pm- Cardio Kick Box 5:30pm – Cardio Sculpt	30 8:30am- Cardio Kick Box 12:00pm- Freestyle 4:00pm – Freestyle	31	1 8:30 am- Step