

July 2024 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	2 7:30a Strength 8:30a Strength 5:30p Strength	3 10:30a Fitness 101	4 No group fitness today. Happy Fourth of July!	5 8:30a Flexibility	6 10:15a Core Conditioning
7	8 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	9 7:30a Strength 8:30a Strength 5:30p Strength	10 10:30a Fitness 101	11 7:30a Strength 8:30a Flexibility 5:30p Fitness 101	12 8:30a Flexibility	13 10:15a Core Conditioning
14	15 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	16 7:30a Strength 8:30a Strength 5:30p Strength	17 10:30a Fitness 101	18 7:30a Strength 8:30a Strength 5:30p Fitness 101	19 8:30a Flexibility	20 10:15a Core Conditioning
21	22 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	23 7:30a Strength 8:30a Strength 5:30p Strength	24 10:30a Fitness 101	25 7:30a Strength 8:30a Strength 5:30p Fitness 101	26 8:30a Flexibility	27 10:15a Core Conditioning
28	29 8:30a Flexibility 9:30a Strength 5:30p Fitness 101	30 7:30a Strength 8:30a Strength 5:30p Strength	31 10:30a Fitness 101			

July 2024 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	2 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	3 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p Pilates	4 8a Pilates	5 6:30a Strength 9:30a Pilates 11:15a Pilates	6 8:25a Pilates 9:15a Pilates
7	8 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	9 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	10 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p Pilates	11 9:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	12 6:30a Strength 9:30a Pilates 11:15a Pilates	13 8:25a Pilates 9:15a Pilates
14	15 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	16 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	17 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p Pilates	18 9:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	19 6:30a Strength 9:30a Pilates 10:15a Pilates	20 8:25a Pilates 9:15a Pilates
21	22 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	23 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	24 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p Pilates	25 9:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	26 6:30a Strength 9:30a Pilates 11:15a Pilates	27 8:25a Pilates 9:15a Pilates
28	29 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	30 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	31 5:40a Strength 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p Pilates			