

July 2016 - Schedule of Classes

Monday**Tuesday****Wednesday****Thursday****Friday****Saturday**

MORNING CLASSES

8:30am <i>*Bootcamp*</i>	8:30am <i>*Bootcamp*</i>	8:30am <i>*Bootcamp*</i>	8:30am <i>*Bootcamp*</i>	8:30am <i>*Bootcamp*</i>	
9:00am <i>Tone & Trim (Laura E.)</i>	9:00am <i>Pound (Karla)</i>	9:00am <i>Zumba (Mary)</i>	9:00am <i>Body Circuit (Laura E.)</i>	9:00am <i>Step & Sculpt (Laura S.)</i>	9:00am <i>Zumba (Mary)</i>
10:00am <i>*Group Training*</i>	10:00am <i>*Group Training*</i>	10:00am <i>*Group Training*</i>	10:00am <i>*Group Training*</i>	10:00am <i>*Group Training*</i>	10:00am <i>*Bootcamp*</i>

EVENING CLASSES

4:30pm <i>*Group Training*</i>	4:30pm <i>*Group Training*</i>	4:30pm <i>*Group Training*</i>	4:30pm <i>*Group Training*</i>	4:30pm <i>*Group Training*</i>	
5:45pm <i>*Bootcamp*</i>	5:45pm <i>*Bootcamp*</i>	5:45pm <i>*Bootcamp*</i>	5:45pm <i>*Bootcamp*</i>	5:45pm <i>*Bootcamp*</i>	
7:00pm <i>Zumba (Karla)</i>	7:00pm <i>Zumba (Mary)</i>	7:00pm <i>Zumba (Karla)</i>	7:00pm <i>Zumba (Mary)</i>	7:00pm <i>Zumba (Laura E.)</i>	
7:00pm <i>*Group Training*</i>	7:00pm <i>*Group Training*</i> ----- 7:00pm <i>Pound (Karla)</i>	7:00pm <i>*Group Training*</i>	7:00pm <i>*Group Training*</i>	7:30pm <i>Tone & Trim (Laura E.)</i>	
8:00pm <i>Body Circuit (Miranda)</i>	8:00pm <i>Tone & Trim (Laura E.)</i>	8:00pm <i>Body Circuit (Miranda)</i>	8:00pm <i>Step & Sculpt (Laura S.)</i>		