

Class Schedule July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 Yogatone – 6am Tabata – 12:15 Muscle Pump – 5:30pm	3 Tone Up – 8:30am Barre – 12:15 TRX Mix – 5:30pm	4	5 Cardio Yogatone – 12:15 Pilates Sculpt – 5pm	6 HIIT – 6am Bootcamp – 10:15	7	8 HIIT/Barre – 4pm
9 Yogatone – 6am Tabata – 12:15 Muscle Pump – 5:30pm	10 Tone Up – 8:30am Barre – 12:15 TRX Mix – 5:30pm	11 Tabata – 6am Zumba – 6pm	12 Cardio Yogatone – 12:15 Pilates Sculpt – 5pm	13 HIIT – 6am Bootcamp – 10:15	14	15
16 Yogatone – 6am Tabata – 12:15 Muscle Pump – 5:30pm	17 Tone Up – 8:30am Barre – 12:15 TRX Mix – 5:30pm	18 Tabata – 6am Zumba – 6pm	19 Cardio Yogatone – 12:15 Pilates Sculpt – 5pm	20 HIIT – 6am Bootcamp – 10:15	21	22 HIIT/Barre – 4p
23 Yogatone – 6am Tabata – 12:15 Muscle Pump – 5:30pm	24 Tone Up – 8:30am Barre – 12:15 TRX Mix – 5:30pm	25 Tabata – 6am Zumba – 6pm	26 Cardio Yogatone – 12:15 Pilates Sculpt – 5pm	27 HIIT – 6am Bootcamp – 10:15	28	29
30 Yogatone – 6am Tabata – 12:15 Muscle Pump – 5:30pm	31 Tone Up – 8:30am Barre – 12:15 TRX Mix – 5:30pm					

Subject to change: Final schedule is available online.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY