

# Class Schedule July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>1</b> Muscle Pump – 6am	<b>2</b> Core Blast – 9am	<b>3</b> HIIT – 6am	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Bosu Challenge – 12:15	Cardio Pilates–12:15					
Yogatone – 5:30pm	Bootcamp – 5:30pm	TB Conditioning 5:30pm				
<b>8</b> Muscle Pump – 6am	<b>9</b> Core Blast – 9am	<b>10</b> HIIT – 6am	<b>11</b> Bootcamp – 12:15	<b>12</b> Tabata – 6am	<b>13</b>	<b>14</b>
Bosu Challenge – 12:15	Cardio Pilates–12:15			HIIT – 10:15		
Yogatone – 5:30pm	Bootcamp – 5:30pm	TB Conditioning – 5:30pm	HIIT/Yoga – 5:30pm			
<b>15</b> Muscle Pump – 6am	<b>16</b> Core Blast – 9am	<b>17</b> HIIT – 6am	<b>18</b> Bootcamp – 12:15	<b>19</b> Tabata – 6am	<b>20</b>	<b>21</b>
Bosu Challenge – 12:15	Cardio Pilates–12:15			HIIT – 10:15		
Yogatone – 5:30pm	Bootcamp – 5:30pm	TB Conditioning 5:30pm	HIIT/Yoga – 5:30pm			
<b>22</b> Muscle Pump – 6am	<b>23</b> Core Blast – 9am	<b>24</b> HIIT – 6am	<b>25</b> Bootcamp – 12:15	<b>26</b> Tabata – 6am	<b>27</b>	<b>28</b>
Bosu Challenge – 12:15	Cardio Pilates–12:15			HIIT – 10:15		
Yogatone – 5:30pm	Bootcamp – 5:30pm	TB Conditioning 5:30pm	HIIT/Yoga – 5:30pm			
<b>29</b> Muscle Pump – 6am	<b>30</b> Core Blast – 9am	<b>31</b> HIIT – 6am				
Bosu Challenge – 12:15	Cardio Pilates–12:15					
<b>DF Party 5:30pm</b>	Bootcamp – 5:30pm	TB Conditioning 5:30pm				

Subject to change: Final schedule is available online.