

GROUP X SCHEDULE | JULY



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio Sculpt - GX 8:00am - 8:55am Breanna	Body Pump - GX 5:30am - 6:25am Kari	Cardio Sculpt - GX 8:00am - 8:55am Breanna	Body Pump - GX 5:30am - 6:25am Kari	Cardio Sculpt - GX 8:00am - 8:55am Breanna	Body Pump - GX 8:00am - 8:55am Mallory	Body Combat - GX 8:00am - 8:55am Mallory
Aqua Fitness - Pool 9:00am - 9:55am Mo	Yoga - MB 8:30am - 9:25am Nuvana	Aqua Fitness - Pool 9:00am - 9:55am Mo	Aqua Fitness - Pool 9:00am - 9:55am Mo	Aqua Fitness - Pool 9:00am - 9:55am Mo		Cardio Extreme - GX 9:00am - 9:55am Kristi
Cycle - BB 9:00am - 9:55am Herb		Cycle - BB 9:00am - 9:55am Herb		Cycle - BB 9:00am - 10:25am Herb	Cycle - BBC 9:00am - 9:55am Mallory	Yoga - MB 10:00am - 10:55am Nuvana
Barre Sculpt - GX 9:15am - 10:10am Breanna	MAX Cardio - GX 9:30am - 10:25am Wendy	Barre Sculpt - GX 9:15am - 10:10am Breanna	MAX Cardio - GX 9:30am - 10:25am Wendy	Body Pump - GX 9:15am - 10:10am Diane	Zumba Toning - GX 10:00am - 10:55am Allison	
Balance + Strength - GX 10:30am - 11:25am Sally	Full Body Blitz - BB 11:00am - 11:55am Miranda	Balance + Strength - GX 10:30am - 11:25am Sally	TRX Circuit - BB 10:00am - 10:55am Diane	Yoga - MB 10:00am - 10:55am Jamie	Body Flow - GX 11:15am - 12:10pm Samantha	
	Gentle Yoga - MB 11:35am - 12:30pm Sally	Yoga Flow - MB 11:00am - 11:55am Diane	Yoga Basics - MB 10:15am - 11:10am Sally	Full Body Blitz - BB 11:00am - 11:55am Miranda		
Body Pump - GX 12:00pm - 12:55pm Diane		Tai Chi - GX 1:00pm - 1:55pm Jamie				Tai Chi - GX 4:00pm - 4:55pm Jamie
Zumba - GX 4:30pm - 5:25pm Natalia	HIIT Blast - GX 5:30pm - 6:25pm Wendy	Cycle - BB 5:00pm - 5:55pm Samantha	HIIT Blast - GX 5:30pm - 6:25pm Wendy			Zumba - GX 5:00pm - 5:55pm Tyler
Cycle - BB 6:00pm - 6:55pm Samantha		Kickboxing - BB 6:00pm - 6:55pm Raelyne				
Body Pump - GX 6:15pm - 7:10pm Mallory	Zumba - GX 6:45pm - 7:40pm Allison	Body Pump - GX 6:15pm - 7:10pm Samantha	Zumba - GX 6:45pm - 7:40pm Natalia			