

Fitness Classes - July 2018

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1 Indoor Cycling 8:15-9:15</p>	<p>2 Total Strength 6:00-7:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p>	<p>3 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>4 Building hours 8am - 5pm  No Classes</p>	<p>5 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>6 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30</p>	<p>7 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>8 Indoor Cycling 8:15-9:15</p>	<p>9 Total Strength 6:00-7:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p>	<p>10 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>11 Sunrise Yoga 6:00-7:00 Guts & Glutes 8:00-9:00 *Yoga 9:00-9:45 Zumba 9:40-10:40 *Yoga 7:30pm-8:15pm</p>	<p>12 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>13 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30</p>	<p>14 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>15 Indoor Cycling 8:15-9:15</p>	<p>16 Total Strength 6:00-7:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p>	<p>17 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>18 Sunrise Yoga 6:00-7:00 Guts & Glutes 8:00-9:00 *Yoga 9:00-9:45 Zumba 9:40-10:40 *Yoga 7:30pm-8:15pm</p>	<p>19 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>20 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30</p>	<p>21 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>22 Indoor Cycling 8:15-9:15</p>	<p>23 Total Strength 6:00-7:00 *Chair Pilates 8:00-9:00 Balance & Flexibility 9:00-10:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p>	<p>24 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>25 Sunrise Yoga 6:00-7:00 Guts & Glutes 8:00-9:00 *Yoga 9:00-9:45 Zumba 9:40-10:40 *Yoga 7:30pm-8:15pm</p>	<p>26 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>27 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30</p>	<p>28 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>29 Indoor Cycling 8:15-9:15</p>	<p>30 Total Strength 6:00-7:00 *Chair Pilates 8:00-9:00 Balance & Flexibility 9:00-10:00 Pilates 9:30-10:30 *Yoga 7:30pm-8:15pm</p>	<p>31 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>			<p>Note: * (class held in lounge)</p>	