

# JULY GROUP EXERCISE



SUN	MON	TUE	WED	THU	FRI	SAT
			<b>1</b> 9:30am Zumba -Penny  5:30pm Step & Sculpt -Melody	<b>2</b> 9:30am Power Pump -Jamie  10:30am Zumba -Kelly  5:30pm 20/20/20 -Barb	<b>3</b>  9:30am WERQ -Sub	<b>4</b> 9:30am FITFORCE -Scott
5	<b>6</b> 9:30am Zumba -Penny  10:30am Power Pump -Jamie  5:30pm 20/20/20 -Robin	<b>7</b> 9:30am HIIT/Bootcamp -Kelly  5:30pm Muscle Madness -Barb	<b>8</b> 9:30am Zumba -Penny  5:30pm Step & Sculpt -Melody	<b>9</b> 9:30am Power Pump -Jamie  10:30am Zumba -Kelly  5:30pm 20/20/20 -Barb	<b>10</b>  9:30am WERQ -Hanah	<b>11</b>  9:30am FITFORCE -Scott
12	<b>13</b> 9:30am Zumba -Penny  10:30am Power Pump -Jamie  5:30pm 20/20/20 -Robin	<b>14</b> 9:30am HIIT/Bootcamp -Kelly  5:30pm Muscle Madness -Barb	<b>15</b> 9:30am Zumba -Penny  5:30pm Step & Sculpt -Melody	<b>16</b> 9:30am Power Pump -Jamie  10:30am Zumba -Kelly  5:30pm 20/20/20 -Barb	<b>17</b>  9:30am WERQ -Sub	<b>18</b>  9:30am FITFORCE -Scott
19	<b>20</b> 9:30am Zumba -Penny  5:30pm 20/20/20 -Robin	<b>21</b> 9:30am HIIT/Bootcamp -Kelly  5:30pm Muscle Madness -Barb	<b>22</b> 9:30am Zumba -Penny  5:30pm Step & Sculpt -Melody	<b>23</b>  10:30am Zumba -Kelly  5:30pm 20/20/20 -Barb	<b>24</b>  9:30am WERQ -Hanah	<b>25</b> 9:30am FITFORCE -Scott
26	<b>27</b> 9:30am Zumba -Penny  10:30am Power Pump -Jamie  5:30pm 20/20/20 -Robin	<b>28</b> 9:30am HIIT/Bootcamp -Kelly  5:30pm Muscle Madness -Barb	<b>29</b> 9:30am Zumba -Penny  5:30pm Step & Sculpt -Melody	<b>30</b> 9:30am Power Pump -Jamie  10:30am Zumba -Kelly  5:30pm 20/20/20 -Barb	<b>31</b> 9:30am WERQ -Hanah	