Printout

Wednesday, July 1, 2015 1:48 PM

July 2015

Group Fitness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26			1 6:00a-7:00a - Boot Camp* 9:00a-9:30a - Barre Above 6:00p-7:00p - PLX Knockout	2 9:30a-10:00a- Muscle Mix 6:00p-6:45p - R.I.P.P.E.D.	3 6:00a-7:00a - Boot Camp* 9:00a-9:45a - R.I.P.P.E.D. Summer Switch Up	4 8:00a-9:00a - BONUS BC 9:00a-9:15a - Group Stretch
5	6 6:00a-7:00a - Boot Camp* 9:00a-9:30a - Core + 6:00p-6:30p - Full Body Blast	7 6:00a-6:45a - Beg BC* 9:00a-9:30a - FullBodyBlast 6:00p-6:30p - Muscle Mix	8 6:00a-7:00a - Boot Camp* 9:00a-9:30a - Barre Above 6:00p-7:00p - PLX Knockout	9 6:00a-6:45a - Beg BC* 9:30a-10:00a- Muscle Mix 6:00p-6:45p - R.I.P.P.E.D.	10 6:00a-7:00a - Bot Camp* 9:00a-9:45a - Piloxing	11 8:00a-9:00a - BONUS BC 9:00a-9:15a - Group Stretch
Next 6 Wk Women's Boot Camp Begins 7/20!	13 9:00a-9:30a - Core + 6:00p-6:30p - Full Body Blast	14 6:00a-6:45a - Beg BC* 9:00a-9:30a - FullBodyBlast 6:00p-6:30p - Muscle Mix	15 9:00a-9:30a - Barre Above 6:00p-7:00p - PLX Knockout	16 6:00a-6:45a - Beg BC* 9:30a-10:00a- Muscle Mix 6:00p-6:45p - R.I.P.P.E.D.	17 9:00a-9:45a - Piloxing	18 8:00a-9:00a - BONUS BC 9:00a-9:15a - Group Stretch
Next 6 Wk Beginner's Boot Camp Begins 7/27!	20 6:00a-7:00a - Boot Camp* 9:00a-9:30a - Core + 6:00p-6:30p - Full Body Blast	21 9:00a-9:30a - FullBodyBlast 6:00p-6:30p - Muscle Mix	22 6:00a-7:00a - Boot Camp* 9:00a-9:30a - Barre Above 6:00p-7:00p - PLX Knockout	23 9:30a-10:00a- Muscle Mix 6:00p-6:45p - R.I.P.P.E.D.	24 6:00a-7:00a - Boot Camp* 9:00a-9:45a - Piloxing.	25 8:00a-9:00a - BONUS BC 9:00a-9:15a - Group Stretch
26	27 6:00a-7:00a - Boot Camp* 9:00a-9:30a - Core + 6:00p-6:30p - Full Body Blast	28 6:00a-6:45a - Beg BC* 9:00a-9:30a - FullBodyBlast 6:00p-6:30p - Muscle Mix	29 6:00a-7:00a - Boot Camp* 9:00a-9:30a - Barre Above 6:00p-7:00p - PLX Knockout	30 6:00a-6:45a - Beg BC* 9:30a-10:00a- Muscle Mix 6:00p-6:45p - R.I.P.P.E.D.	31 6:00a-7:00a - Boot Camp* 9:00a-9:45a - Piloxing.	1

*Class requires additional payment.