July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 29	June 30	1 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	2 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	3 8am - S/S Circuit 9am- Line Dance	4 GYM CLOSED HAPPY 4TH OF JULY	5 915am-Weight/Cardio 1030a- Line Dance
6	7 8am- S/S Circuit Member Apprecation	8 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	9 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	10 8am - S/S Circuit 9am- Line Dance	11 8am - S/S Boom	12 915am-Weight/Cardio 1030a- Line Dance
13	14 8am- S/S Circuit	15 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	16 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	17 8am - S/S Circuit 9am- Line Dance	18 8am - S/S Zumba	19 915am-Weight/Cardio 1030a- Line Dance
20	21 8am- S/S Circuit	22 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	23 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	24 8am - S/S Circuit 9am- Line Dance	25 8am- S/S Boom	26 915am-Weight/Cardio 1030a- Line Dance
27	28 8am- S/S Circuit	29 8am - S/S Circuit 9am - S/S Circuit 530p -Spin	30 7am- Yoga 830a- S/S Cardio 530pm- Line Dance	31 8am - S/S Circuit 9am- Line Dance	Aug 1	Aug 2
Aug 3	Aug 4	Aug 5	Aug 6	Aug 7	Aug 8	Aug 9

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