

July 2024



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