








| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|---|--|--|
| | <p>Come and Join us for Monday night spin with Jen! 45 min Class !</p>  | <p>TAEKWONDO</p>  | <p>Tuesdays And Thursdays 4:30-5:30 & 7PM-8PM</p> | <p>1 9:30am Yoga / Jeanette 5:45pm Zumba Party / Christine A.</p> | <p>2 Lunch Cycle! 11:15am 30 min SPIN Jennifer H.</p> | <p>3 No Class 4th of July weekend</p> |
| <p>4 Closed</p>  | <p>5 9:30am BootCamp Chris M. 5:45pm 45 min SPIN Jennifer H.</p>  | <p>6 9:30am Firecracker Abs / Susan 5:45pm Dance Party / Amber T.</p> | <p>7 9:30am Dance Party / Amber T. 5:45pm SCULPT, Abs & Kickboxing/ Mario 7pm Yoga / TV</p> | <p>8 9:30am Yoga / Elesha 5:45pm Zumba Party / Christine A.</p> | <p>9 Lunch Cycle! 11:15am 30 min SPIN Michael J.</p> | <p>10 BOOTCAMP 9 am / Chris M</p> |
| <p>11</p> | <p>12 9:30am BootCamp Chris M. 5:45pm 45 min SPIN Michael J.</p>  | <p>13 9:30am Upper Body Shred / Susan 5:45pm Dance Party / Amber T.</p> | <p>14 9:30am Dance Party / Amber T. 5:45pm SCULPT, Abs & Kickboxing/ Mario 7pm Yoga / TV</p> | <p>15 9:30am Yoga / Jeanette 5:45pm Zumba Party / Christine A.</p> | <p>16 Lunch Cycle! 11:15am 30 min SPIN Jennifer H.</p> | <p>17 YOGA 9 am / Susan</p> |
| <p>18</p> | <p>19 9:30am BootCamp Chris M. 5:45pm 45 min SPIN Jennifer H.</p>  | <p>20 9:30am Lower Body Sculpt / Susan 5:45pm Dance Party / Amber T.</p> | <p>21 9:30am Dance Party / Amber T. 5:45pm SCULPT, Abs & Kickboxing/ Mario 7pm Yoga / TV</p> | <p>22 9:30am Yoga / Elesha 5:45pm Dance Party / Amber M.</p> | <p>23 Lunch Cycle! 11:15am 30 min SPIN Michael J.</p> | <p>24 BOOTCAMP 9 am / Chris M</p> |
| <p>25</p> | <p>26 9:30am BootCamp Chris M. 5:45pm 45 min SPIN Jennifer H.</p>  | <p>27 9:30am Total Body Blast / Susan 5:45pm Dance Party / Amber T.</p> | <p>28 9:30am Dance Party / Amber T. 5:45pm SCULPT, Abs & Kickboxing/ Mario 7pm Yoga / TV</p> | <p>29 9:30am Yoga / Jeanette 5:45pm Zumba Party / Christine A.</p> | <p>30 Lunch Cycle! 11:15am 30 min SPIN Jennifer H.</p> | <p>31 BOOTCAMP 9 am / Michael J.</p> |