



JULY GROUP FITNESS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:30AM	LES MILLS GRIT STRENGTH VIRTUAL	LES MILLS GRIT	LES MILLS PUMP/CORE	LES MILLS GRIT	LES MILLS PUMP/CORE VIRTUAL	July 5	LES MILLS BODYCOMBAT VIRTUAL
09:00AM	LES MILLS BODYCOMBAT VIRTUAL	LES MILLS BODYPUMP		LES MILLS BODYATTACK VIRTUAL		Closed 4 th of July Weekend	LES MILLS BODYPUMP VIRTUAL
10:00AM							LES MILLS CORE VIRTUAL
11:00AM						July 12th	
12:15PM	LES MILLS GRIT STRENGTH VIRTUAL		LES MILLS GRIT CARDIO VIRTUAL		LES MILLS GRIT ATHLETIC VIRTUAL	09:30am LES MILLS BODYATTACK VIRTUAL	LES MILLS GRIT ATHLETIC VIRTUAL
03:00PM						July 19th	LES MILLS BODYCOMBAT VIRTUAL
04:30 PM		LES MILLS BODYBALANCE VIRTUAL		LES MILLS BODYBALANCE VIRTUAL		8:00am Rox at the Fox	LES MILLS BODYPUMP VIRTUAL
05:00PM						July 26th	
05:30PM	LES MILLS GRIT		LES MILLS GRIT	LES MILLS GRIT		09:30am	
06:15PM		ZUMBA				LES MILLS GRIT STRENGTH VIRTUAL	LES MILLS BODYBALANCE VIRTUAL
06:30PM	BYOB			LES MILLS BODYPUMP		Aug 2nd	
07:00PM						TBD	

NO STAFF
July 4th-6th