



JULY 2024 GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	09:00 am CIRCUIT CLASS 05:30 pm GRIT 06:00 pm BUILD YOUR OWN BODY	1 05:15 am GRIT 09:00 am BODYPUMP 06:00 pm ZUMBA	2 04:15 pm BODYPUMP 05:30 pm GRIT	3	4 4th of July NO CLASSES CLOSED FOR 4TH OF JULY WEEKEND NO CLASSES	
7	09:00 am CIRCUIT CLASS 05:30 pm GRIT 06:00 pm BUILD YOUR OWN BODY	8 05:15 am GRIT 09:00 am BODYPUMP 06:00 pm ZUMBA	9 04:15 pm BODYPUMP 05:30 pm GRIT	10 05:15 am GRIT 09:00 am BODYPUMP	11	12 09:30 am GRIT 10:15 am ZUMBA
14	09:00 am CIRCUIT CLASS 05:30 pm GRIT 06:00 pm BUILD YOUR OWN BODY	15 05:15 am GRIT 09:00 am BODYPUMP 06:00 pm ZUMBA	16 04:15 pm BODYPUMP 05:30 pm GRIT	17 05:15 am GRIT 09:00 am BODYPUMP	18	19 09:30 am GRIT 10:15 am CIRCUIT TRAINING
21	09:00 am CIRCUIT CLASS 05:30 pm GRIT 06:00 pm BUILD YOUR OWN BODY	22 05:15 am GRIT 09:00 am BODYPUMP 06:00 pm ZUMBA	23 04:15 pm BODYPUMP 05:30 pm GRIT	24 05:15 am GRIT 09:00 am BODYPUMP	25	26 09:30 am GRIT 10:15 am BYOB 11:00 am BODYPUMP 11:45 am ZUMBA 12:30 pm CORE LOAUI LAUNCH
28	09:00 am CIRCUIT CLASS 05:30 pm GRIT 06:00 pm BUILD YOUR OWN BODY	29 05:15 am GRIT 09:00 am BODYPUMP 06:00 pm ZUMBA	30 04:15 pm BODYPUMP 05:30 pm GRIT	31		

NO PAIN, NO GAIN!