## ISP Small Group Fitness Schedule – July 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Short Circuits		Short Circuits		
6am			"Tabata"		"Tabata"		
6:45am							
8:15a							
9am		Mobility Monday: Foam rolling and stretching		Strength and Conditioning Circuits			
10am							
Noon							
6pm							