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| --- | --- | --- | --- | --- | --- | --- | --- |
| **July 2025** | | | | | | |  |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | | **Saturday** |
| **29** | **30** | **1** | **2** | **3** | **4** | | **5** |
|  |  | NO CLASSES | NO CLASSES | NO CLASSES | **Happy 4th**  **of July!** | | NO CLASSES |
| **6** | **7** | **8** | **9** | **10** | **11** | | **12** |
|  | NO CLASSES | NO CLASSES | NO CLASSES | NO CLASSES |  | | NO CLASSES |
| **13** | **14** | **15** | **16** | **17** | **18** | | **19** |
|  | NO CLASSES | NO CLASSES | NO CLASSES | NO CLASSES |  | | NO CLASSES |
| **20** | **21** | **22** | **23** | **24** | [**25**](https://www.calendarpedia.com/) | | **26** |
|  | Yoga @ 5:15 PM  Spin @ 5:30 PM | Class with Amy @5:30 PM | Pilates @ 5PM | HIIT @ 5:30 PM |  | | NO CLASSES |
| **27** | **28** | **29** | **30** | **31** | **1** | | **2** |
|  | Yoga @ 5:15 PM  Spin @ 5:30 PM | Mixxed Fit @5:30 PM | Pilates @ 5PM | HIIT @ 5:30 PM |  | |  |
|  | | | | | |  | |