

July 2019 Group Fitness Classes

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
			1		2		3		4		5		6
		<b>Canada Day</b>		BattleRopes 1:00pm Pound 5:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am Pound 5:00pm					
	7		8		9		10		11		12		13
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Pound 5:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am Pound 5:00pm					
	14		15		16		17		18		19		20
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am				Pound / ZUMBA 11:00am	
	21		22		23		24		25		26		27
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am				Pound / ZUMBA 11:00am	
	28		29		30		31		1		2		3
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Pound 5:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am Pound 5:00pm					
	4		5		6		7		8		9		10
		Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm		BattleRopes 1:00pm Pound 5:00pm		Spin 6:00pm BattleRopes 7:45pm		Circuit HIIT 9:00am Pound 5:00pm					