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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **JULY 16** | **JULY 17** | **JULY 18** | **JULY 19** | **JULY 20** |
|  | **\*SPIN**  **ANDREA**  **6:30 -7:30** |  | **SPINERVAL\*\***  **NISHA**  **6:25 -7:25** |  |
|  |  |  | **HATHA YOGA**  **KATHI**  **7:30-8:30** |  |
|  | **BOOTCAMP**  **DAMON**  **11:30-12:00** | **ZUMBA**  **Lauren**  **11:25 -12:10** | **STEP**  **JAMIE**  **11:30-12:15** | **STEP**  **JAMIE**  **11:30-12:15** |
| **ZUMBA**  **GINA**  **12:00-12:45** | **\*SPIN EXPRESS**  **NICOLE**  **12:10-12:40** | **CUTTIN UP**  **DAMON**  **12:15 – 1:00** | **BODY CHALLENGE**  **DAMON**  **12:20-12:50** |  |
|  | **DYNAMIC**  **YOGA**  **STEVE**  **4:25 -5:25** | **PILATES**  **Lauren**  **4:30-5:00** |  |  |
| **\*\* Call day of to reserve spot** | **STEP & SCULPT**  **NICOLE**  **5:30 - 6:00** |  | **\*SPIN EXPRESS**  **NICOLE**  **5:00 – 5:30** | **Grey Box signifies class that is additional fee** |