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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** |