







Sun Mon Tue Wed Thu Fri Sat



Les Mills Launch this month!
July 21st, July 24th & July 25th
Check out the schedules for times

<p>4</p> <p>Independence Day</p> <p>Club Closes at 2pm</p>	<p>5</p> <p>9:30 BodyStep John 10:30 BodyPump Challenge Trish</p> <p>5:30 BodyPump Susan Mc. 6:45 BodyCombat Susan Mc. 7:45 Zumba Carlos</p>	<p>6</p> <p>5:30 BodyPump Rob 9:30 BodyPump Trish 10:45 Flaunt! (45 min class) Mel</p> <p>5:30 BodyPump Challenge Tracie 6:45 Step Tracie 7:30 Hip Hop Bootcamp Broadway (90 m class)</p>	<p>7</p> <p>9:30 Zumba Mary 10:30 BodyCombat Ruth</p> <p>4:30 BodyPumpX Tracie 5:30 BodyStep William 6:30 BodyJam Carmen 7:30 ABS 30 Susan Mc.</p>	<p>8</p> <p>5:30 BodyPump Sue 9:30 BodyPump Nikki 10:45 CardioX (30m class) Nikki</p> <p>5:30 BodyCombat Mickie 6:30 BodyPump Branden 7:45 Hip Hop Broadway</p>	<p>9</p> <p>9:00 ABS 30 9:30 Cross Training Sue 10:30 BodyJam Connie 12:15 BodyPump Scott</p> <p>7:45 Zumba Carlos</p>	<p>10</p> <p>9:15 BodyPump Rob</p> <p>9:15 BodyPump Nikki</p> <p>10:30 BodyCombat Karen</p>
<p>11</p> <p>9:00 Abs 30 Dan</p> <p>1:30 BodyPump William</p> <p>2:45 BodyJam Carmen</p>	<p>12</p> <p>9:30 BodyStep Nikki 10:30 ABS 30 Nikki</p> <p>5:30 BodyPump Susan Mc. 6:45 BodyCombat Ruth 7:45 Zumba Carlos</p>	<p>13</p> <p>5:30 BodyPump Sue 9:30 BodyPump Nikki 10:45 Flaunt! (45 min class) Mel</p> <p>5:30 BodyPump Challenge Trish 6:45 Step Susan Mc. 7:30 Hip Hop Broadway</p>	<p>14</p> <p>9:30 Zumba Mary 10:30 BodyCombat Karen</p> <p>4:30 BodyPumpX Trish 5:30 BodyStep William 6:30 BodyJam Carmen 7:30 ABS 30 Susan Mc.</p>	<p>15</p> <p>5:30 BodyPump Sue 9:30 BodyPump John 10:45 Cardio X (30m class) John</p> <p>5:30 BodyCombat Mickie 6:30 BodyPump Branden 7:45 Hip Hop Broadway</p>	<p>16</p> <p>9:00 ABS 30 9:30 Cross Training Sue 10:30 BodyJam Regina 12:15 BodyPump Scott</p> <p>6:30 Flirty Friday 45m of Zumba - Mary 45m of Flaunt - Mel</p>	<p>17</p> <p>9:15 BodyPump Rob</p> <p>10:30 BodyCombat Teresa</p>
<p>18</p> <p>9:00 Abs 30 Liz</p> <p>1:30 BodyPump Scott</p> <p>2:45 BodyJam Carmen</p>	<p>19</p> <p>9:30 BodyStep Regina 10:30 BodyPump Challenge Tracie</p> <p>5:30 BodyPump Trish 6:45 BodyCombat Ruth 7:45 Zumba Carlos</p>	<p>20</p> <p>5:30 BodyPump Sue 9:30 BodyPump Nikki 10:45 Flaunt! (45 min class) Mel</p> <p>5:30 BodyPump Challenge Tracie 6:45 Step Tracie 7:30 Hip Hop Bootcamp Broadway (90 m class)</p>	<p>21</p> <p>9:30 Zumba Mary 10:30 BodyCombat Teresa</p> <p>4:30 BodyPumpX Trish 5:30 BodyStep William</p> <p>BodyJam Launch 6:45 Carmen*Connie*Regina William</p>	<p>22</p> <p>5:30 BodyPump Sue 9:30 BodyPump Tracie 10:45 CardioX (30m class) Tracie</p> <p>5:30 BodyCombat Mickie 6:30 BodyPump Branden 7:45 Hip Hop Broadway</p>	<p>23</p> <p>9:00 ABS 30 9:30 Cross Training Sue 10:30 BodyJam Regina</p> <p>GX Studio Closed For Instructor Training</p>	<p>24</p> <p>Les Mills Launch Weekend</p> <p>9:15 BodyPump Sue*Tracie*Trish</p> <p>10:30 BodyCombat Mickie*Ruth*Teresa</p>
<p>25</p> <p>9:00 Abs 30 DAN</p> <p>Les Mills Launch Weekend!</p> <p>1:30 BodyStep Nikki*Regina*William</p> <p>2:45 BodyFlow Ginny*Kim*Teresa</p>	<p>26</p> <p>Les Mills MANIA MONDAY 30m of each format!</p> <p>9:30a & 5:30p BodyPump 10:10a & 6:10p BodyStep 10:45a & 6:45p BodyJam 11:15a & 7:15p BodyCombat 11:45a & 7:45p BodyFlow</p>	<p>27</p> <p>5:30 BodyPump Sue 9:30 BodyPump Nikki & Trish 10:45 Flaunt! (45 min class) Sarah</p> <p>5:30 BodyPump Challenge Sue 6:45 Step Susan Mc. 7:30 Hip Hop Bootcamp Broadway (90 m class)</p>	<p>28</p> <p>9:30 Zumba Mary 10:30 BodyCombat Ruth & Teresa</p> <p>4:30 BodyPumpX Karen & Sue 5:30 BodyStep William & Karen 6:30 BodyJam Carmen & William 7:30 ABS 30 Susan Mc.</p>	<p>29</p> <p>5:30 BodyPump Sue & Rob 9:30 BodyPump Branden & Ann Marie 10:45 CardioX (30m class) Karen</p> <p>5:30 BodyCombat Mickie & Branden 6:30 BodyPump Susan Mc. & Trish 7:45 Hip Hop Broadway</p>	<p>30</p> <p>9:00 ABS 30 9:30 Cross Training Sue 10:30 BodyJam Regina & Connie 12:15 BodyPump Sue & John</p> <p>7:45 Zumba Carlos</p>	<p>31</p> <p>9:15 BodyPump Rob & Susan Mc.</p> <p>10:30 BodyCombat Susan Mc. & Karen</p>