



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>FAMILY BODYFLOW &amp; FAMILY PITAIYO THIS MONTH!</b> Don't forget to check out all of our schedules for more family classes.</p> <p><b>Les Mills BodyFlow Launch</b> Sunday, July 25th 2:45pm In the GX Studio See the GX Studio Schedule for complete listing of Les Mills formats and launch times.</p>				<p>1 9:30 Beg Pitaiyo NIKKI 10:30 Pilates NIKKI</p> <p>4:30 Gentle Yoga DIANA</p> <p>6:30 BodyFlow TERESA</p>	<p>2 9:30 Yoga Fusion SUE 10:30 YogaFlex SUE</p> <p>7:00 Jujutsu DAVID LAMOND</p>	<p>3 9:15 Gentle Yoga DIANA</p> <p>10:30 Pre/Post Natal Yoga DIANA</p>
<p>4  Independence Day  Club closes at 2pm</p>	<p>5 9:30 Gentle Yoga DIANA 10:30 BodyFlow REGINA</p> <p>5:30 Beginner Pitaiyo SUSIE 6:30 BodyFlow GINNY</p>	<p>6 9:30 YogaFlex KIM 10:45 Pilates KIM</p> <p>6:30 Pitaiyo ALEX 7:45 Jujutsu DAVID LAMOND</p>	<p>7 5:30 Gentle Yoga MARY 9:30 BodyFlow KIM 10:30 Gentle Yoga MARY</p> <p>5:30 Gentle Yoga DIANA 6:45 Pilates MEL 7:45 FLAUNT! MEL</p>	<p>8 9:30 Beg Pitaiyo SUSIE 10:30 Pilates MEL</p> <p>4:30 Gentle Yoga DIANA</p> <p>6:30 BodyFlow GINNY</p>	<p>9 9:30 Yoga Fusion SUE 10:30 YogaFlex SUE</p> <p>7:00 Jujutsu DAVID LAMOND</p>	<p>10 9:15 YogaFlex DIANA</p> <p><u>10:30 Family Pitaiyo</u> <u>NIKKI</u></p>
<p>11 3:45 Pitaiyo NIKKI</p> 	<p>12 9:30 Gentle Yoga SUE 10:30 BodyFlow TERESA</p> <p>5:30 Beginner Pitaiyo SUSIE 6:30 BodyFlow GINNY</p>	<p>13 9:30 YogaFlex KIM 10:45 Pilates KIM</p> <p>6:30 Pitaiyo ALEX 7:45 Jujutsu DAVID LAMOND</p>	<p>14 5:30 Gentle Yoga MARY 9:30 BodyFlow TERESA 10:30 Gentle Yoga MARY <u>11:45 Mommy &amp; Me</u> <u>ALEX</u></p> <p>6:45 Pilates MEL 7:45 FLAUNT! MEL</p>	<p>15 9:30 Beg Pitaiyo NIKKI 10:30 Pilates NIKKI</p> <p>4:30 Gentle Yoga DIANA</p> <p>6:30 BodyFlow KIM</p>	<p>16 9:30 Yoga Fusion SUE 10:30 YogaFlex SUE</p> <p>7:00 Jujutsu DAVID LAMOND</p>	<p>17 9:15 BodyFlow GINNY</p> 
<p>18 3:45 Gentle Yoga DIANA</p>	<p>19 9:30 Gentle Yoga DIANA 10:30 BodyFlow REGINA</p> <p>5:30 Beginner Pitaiyo SUSIE 6:30 BodyFlow TERESA</p>	<p>20 9:30 YogaFlex DIANA 10:45 Pilates GINNY</p> <p>6:30 Pitaiyo ALEX 7:45 Jujutsu DAVID LAMOND</p>	<p>21 5:30 Gentle Yoga MARY 9:30 BodyFlow TERESA 10:30 Gentle Yoga MARY</p> <p>5:30 Gentle Yoga DIANA 6:45 Pilates MEL 7:45 FLAUNT! MEL</p>	<p>22 9:30 Beg Pitaiyo SUSIE 10:30 Pilates MEL</p> <p>4:30 Gentle Yoga DIANA</p> <p>6:30 BodyFlow TERESA</p>	<p>23 9:30 Yoga Fusion DIANA 10:30 YogaFlex DIANA</p> <p>7:00 Jujutsu DAVID LAMOND</p>	<p>24 9:15 Pitaiyo SUSIE</p> <p>10:30 Pre/Post Natal Yoga ALEX</p>
<p>25 Les Mills Launch Weekend  <u>BodyFlow launching</u> <u>in</u> <u>GX Studio @ 2:45pm</u>  (note time change for today only)</p>	<p>26 9:30 Gentle Yoga KIM 11:15 BodyFlow <i>See GX Studio sch. LM Mania Monday 30 m class in GX Studio</i></p> <p>5:30 Beginner Pitaiyo SUSIE 7:45 BodyFlow <i>See GX Studio sch. LM Mania Monday 30 m class in GX Studio</i></p>	<p>27 9:30 YogaFlex KIM 10:45 Pilates KIM</p> <p>6:30 Pitaiyo ALEX 7:45 Jujutsu DAVID LAMOND</p>	<p>28 5:30 Gentle Yoga MARY 9:30 BodyFlow KIM &amp; TERESA 10:30 Gentle Yoga MARY <u>11:45 Mommy &amp; Me</u> <u>ALEX</u></p> <p>6:45 Pilates GINNY 7:45 FLAUNT! GINNY</p>	<p>29 9:30 Beg Pitaiyo SUSIE 10:30 Pilates GINNY</p> <p>4:30 Gentle Yoga KIM</p> <p>6:30 BodyFlow TERESA &amp; GINNY</p>	<p>30  <u>9:30 Family BodyFlow</u> <u>GINNY &amp; KIM</u></p> <p>7:00 Jujutsu DAVID LAMOND</p>	<p>31 9:15 BodyFlow GINNY &amp; TERESA</p>