




Fitness Classes

July 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>REMEMBER</u> Your first fitness class is always free, so why not try one out today.</p>					<p>1 HARD CORE Dawn 10:00am</p>
<p>3 SPINNING-Laurette 5:00pm</p>	<p>4 </p>	<p>5 CYCLING-Angie 6:00am SPINNING-Laurette 5:00pm</p>	<p>6 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm</p>	<p>7 CYCLING Angie 6:00am TABATA Eme-5:00pm</p>	<p>8 HARD CORE Dawn 10:00am</p>
<p>10 SPINNING-Laurette 5:00pm</p>	<p>12 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm</p>	<p>13 CYCLING-Angie 6:00am SPINNING-Laurette 5:00pm</p>	<p>14 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm</p>	<p>15 CYCLING Angie 6:00am TABATA Eme-5:00pm</p>	<p>16 HARD CORE Dawn 10:00am</p>
<p>17 SPINNING-Laurette 5:00pm</p>	<p>18 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:30pm</p>	<p>19 CYCLING-Angie 6:00am SPINNING-Laurette 5:00pm</p>	<p>20 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm</p>	<p>21 CYCLING Angie 6:00am TABATA Eme-5:00pm</p>	<p>22 HARD CORE Dawn 10:00am</p>
<p>24 / 31 SPINNING-Laurette 5:00pm</p>	<p>25 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 6:00pm</p>	<p>26 CYCLING-Angie 6:00am SPINNING-Laurette 5:00pm</p>	<p>27 HARD CORE-Dawn 4:30pm TABATA-Eme 5:30pm CORE & MORE-Dawn 5:45pm</p>	<p>28 CYCLING Angie 6:00am TABATA Eme-5:00pm</p>	<p>29 HARD CORE Dawn 10:00am</p>