


# JULY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>Cardio</b> 12-1	3 <b>*No Classes*</b> Modified hours 5:30-4	4 Modified Hours 9-5* 	5 <b>Step</b> 12-1	6 <b>Yoga</b> 12-1pm	7
8	9 <b>Cardio</b> 12-1pm	10 <b>Hustle 11:30-12</b> <b>Spin &amp; Yoga</b> 12-1pm	11 <b>Boot-Camp</b> 12-1pm	12 <b>Step</b> 12-1pm	13 <b>Yoga</b> 12-1pm	14
15	16 <b>Cardio</b> 12-1pm	17 <b>Hustle 11:30-12</b> <b>Spin &amp; Yoga</b> 12-1pm	18 <b>Boot-Camp</b> 12-1pm	19 <b>Step</b> 12-1pm	20 <b>Yoga</b> 12-1pm	21
22	23 <b>Cardio</b> 12-1pm	24 <b>Hustle 11:30-12</b> <b>Spin &amp; Yoga</b> 12-1pm	25 <b>Boot-Camp</b> 12-1pm	26 <b>Step</b> 12-1pm	27 <b>Yoga</b> 12-1pm	28
29	30 <b>Cardio</b> 12-1pm	31 <b>Hustle 11:30-12</b> <b>Spin &amp; Yoga</b> 12-1pm			*Loccer rooms not accessible after 4 on July 3 and all day July 4	