

# Starting July 1st SCHEDULE

Week of: **June 29**

	6/29	6/30	7/1	7/2	7/3	7/4	7/5
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM			8:00-8:45	8:00-8:45			
8:30 AM			Tabata	Kick Boxing			
8:45 AM						8:30-9:15	
9:00 AM						Barre	
9:15 AM							
9:30 AM	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15	9:30-10:15
9:45 AM	Yoga	Cardio Strength	Hatha Yoga	Weight Training	Step Interval	Body Pump	Vinyasa
10:00 AM							
10:15 AM							
10:30 AM							10:30-11:15
10:45 AM							Zumba
11:00 AM					11:00-11:45		
11:15 AM					Zumba		
11:30 AM							
11:45 AM							
12:00 PM	12:00-12:45	12:00-12:45		12:00-12:45			
12:30 PM	Cardio Weights	Walk Fit		Workout with Trainer			
12:45 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	5:30-6:15	5:30-6:15		5:30-6:15			
5:15 PM	Boot Camp	Insanity		Pound			
6:00 PM			6:00-6:45	Michele			
6:15 PM			Zumba				
6:30 PM	6:30-7:15	6:30-7:15		6:30-7:15			
6:45 PM	Barre	Meditation		BodyPump			
7:00 PM			7:00-7:45				
7:15 PM			Hatha Flow				
7:30 PM							
7:45 PM							
8:00 PM							