



July 2019 Class Schedule

Class Prices:

\$18 for Single/Drop-in

\$95/Month - Unlimited (includes gym membership)

Instructor Key: Doug (D), Chrystal ©

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 8:00AM Good Morning Cardio (D) 5:30PM Bootcamp (D)	2 5:30AM Bootcamp (C)	3 8:30AM Outdoor Bootcamp (C) 5:30PM Bootcamp (D)	4 CLOSED Happy 4th of July!	5	6 8:30AM Super Strong 60 minutes (C)
7	8 8:00AM Good Morning Cardio (D) 5:30PM Bootcamp (D)	9 5:30AM Bootcamp (C)	10 8:30AM Outdoor Bootcamp (C) 5:30PM Bootcamp (D)	11 5:30AM Bootcamp (C) 8:00AM Fab Abs (D) 6:15PM Core & More/ Stretch & Strength (C)	12	13 8:30AM Super Strong 60 minutes (C)
14	15 8:00AM Good Morning Cardio (D) 5:30PM Bootcamp (D)	16 5:30AM Bootcamp (C)	17 8:30AM Outdoor Bootcamp (C) 5:30PM Bootcamp (D)	18 5:30AM Bootcamp (C) 8:00AM Fab Abs (D) 6:15PM Core & More/ Stretch & Strength (C)	19	20 8:30AM Super Strong 60 minutes (C)
21	22 8:00AM Good Morning Cardio (D) 5:30PM Bootcamp (D)	23 5:30AM Bootcamp (C)	24 8:30AM Outdoor Bootcamp (C) 5:30PM Bootcamp (D)	25 5:30AM Bootcamp (C) 8:00AM Fab Abs (D) 6:15PM Core & More/ Stretch & Strength (C)	26	27 8:30AM Super Strong 60 minutes (C)
28	29 8:00AM Good Morning Cardio (D) 5:30PM Bootcamp (D)	30 5:30AM Bootcamp (C)	31 8:30AM Outdoor Bootcamp (C) 5:30PM Bootcamp (D)			