


JULY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-KAYLEE 1:00PM KIDS CLASS-GIRLS 2:00PM KIDS CLASS-BOYS 4:30PM-SCULPT - CECI 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-KATIE	2 5:00AM-SCULPT-KADI OUTTER/CHEST 8:30AM-CIRCUIT TRAINING-RICARDO 5:00PM-SCULPT-HEATHER	3 5:00AM CANCELLED 8:30AM-SCULPT-JO 9:15AM STRETCH-JO 10:00AM-SS COMBO-JO	 NO CLASS
5	6 5:00AM SCULPT - KADI QUADS/ARMS 8:30AM-SPIN-AMANDA 10:00AM-SS COMBO-AMANDA 1:00PM KIDS CLASS-GIRLS 2:00PM KIDS CLASS-BOYS 4:00PM CIRCUIT TRAINING-RICARDO 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-RACHELLE	7 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	8 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-KADI 1:00PM KIDS CLASS-GIRLS 2:00PM KIDS CLASS-BOYS 4:30PM-SCULPT - CECI 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-KATIE	9 5:00AM-SCULPT-KADI GLUTES/ABS 8:30AM-SPIN FUSION-AMANDA 5:00PM-SCULPT-HEATHER	10 5:00AM-SPIN-KADI 8:30AM-SCULPT-JO STRETCH 9:15AM-JO 10:00AM-SS COMBO-JO	11 8:30AM-YOGA-LIS
12	13 5:00AM SCULPT - KADI HAMS/BACK 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY KIDS CLASS 1:00PM - GIRLS KIDS CLASS 2:00PM BOYS 4:00PM CIRCUIT TRAINING-RICARDO 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-RACHELLE	14 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	15 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-AMANDA 1:00PM KIDS CLASS-GIRLS 2:00PM KIDS CLASS-BOYS 4:30PM-SCULPT - AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-KATIE	16 5:00AM-SCULPT-KADI QUADS/ARMS 8:30AM-SPIN FUSION-AMY 5:00PM-SCULPT-HEATHER	17 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 9:15AM STRETCH-JO 10:00AM-SS COMBO-AMY	18 8:30AM-YOGA-LIS
19	20 5:00AM SCULPT - KADI INNER/SHOULDERS 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 1:00PM KIDS CLASS-GIRLS 2:00PM KIDS CLASS-BOYS 4:00PM CIRCUIT TRAINING-RICARDO 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-RACHELLE	21 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	22 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-AMANDA 1:00PM KIDS CLASS-GIRLS 2:00PM KIDS CLASS-BOYS 4:30PM-SCULPT - AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-KATIE	23 5:00AM-SCULPT-KADI HAMS/BACK 8:30AM-SPIN FUSION-AMY 5:00PM-SCULPT-HEATHER	24 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMANDA 9:15AM STRETCH-JO 10:00AM-SS COMBO-AMY	25 8:30AM-YOGA-LIS
26	27 5:00AM SCULPT - KADI GLUTES/ABS 8:30AM-SPIN-AMY 10:00AM-SS COMBO-AMY 1:00PM KIDS CLASS-GIRLS 2:00PM KIDS CLASS-BOYS 4:00PM CIRCUIT TRAINING-RICARDO 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-RACHELLE	28 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:00PM-SCULPT-HEATHER 6:00PM PILATES-JO	29 5:00AM PILATES - JO 8:30AM-PILATES - TARYN 10:00AM-SS COMBO-KAYLEE 1:00PM KIDS CLASS-GIRLS 2:00PM KIDS CLASS-BOYS 4:30PM-SCULPT - AMY 5:30PM-YOGA-LIS 6:45PM-HIGH FITNESS-KATIE	30 5:00AM-SCULPT-SUB QUADS/ARMS 8:30AM-SPIN FUSION-AMY 5:00PM-SCULPT-HEATHER	31 5:00AM-SPIN-SUB 8:30AM-SCULPT-AMANDA 9:15AM STRETCH-JO 10:00AM-SS COMBO-AMY	