



## **JULY 2010 SCHEDULE**

	<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>	<i><b>Saturday</b></i>
6:00 AM	Spin w/Larry		Body blast Spin w/Larry		Spin w/Terri	
9:00 AM	Spin w/Eileen	Turbo Kick w/Laura	Spin w/Laura	Turbo Kick w/Laura	Power Yoga w/Macy	
10:00 AM						Group Power w/Laura
12:00 PM	Group Power w/Laura		Group Power w/Jen		Group Power w/Eileen	
4:30 PM	Turbo Kick w/Jen			Zumba w/.Macy		
4:30 PM	Spin w/Macy					
5:30 PM	Zumba w/Macy	Group Power w/Jen	Turbo Kick w/Jen	Group Power w/Jen		
5:30 PM		<b>Power Yoga w/Macy in Spin Room</b>				
6:30 PM				Yoga w/Macy		