

# July Schedule

Time	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
8:00AM							
9:00AM				Yoga w/ Tracy	Boot Camp w/ Adana	Zumba w/ Lara	
12:00PM		Abs- Toning w/Arlene					
2:00 PM							Zumba w/ Lara/Toni alternating
5:00 PM			Step Combo w/Toni	Zumba - Toning w/ Toni			
5:30 PM	Zumba w/ Toni	Zumba w/Lara					
6:00 PM			Boot Camp w/ Adana	Yoga w/Roberta			
6:30PM	Yoga w/ Roberta	Kick Boxing w/ Micah					