

Fitness Calendar

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gentle Yoga Flow (Elaine) 12:00-12:45 p.m. Vinyasa Yoga Flow (Elaine) 5:30-6:30 p.m.	Intro to Strength & Conditioning (Sam) 12:00-12:45 p.m. Strong by Zumba (HIITZ) (Meta) 5:30-6:30 p.m. Intro to Strength & Conditioning (Sam) 6:30-7:30 p.m.	CLOSED	Tai Chi (James) 11:35 a.m.-12:15 p.m. Intro to Strength & Conditioning (Sam) 12:00-12:45 p.m. Strong by Zumba (HIITZ) (Meta) 5:30-6:30 p.m. Intro to Strength & Conditioning (Sam) 6:30-7:30 p.m.	Kung Fu Kardio (James) 12:00-12:45 p.m.	
1	2	3	4	5	6	7
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8	9	10	11	12	13	14
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15	16	17	18	19	20	21
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22	23	24	25	26	27	28
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29	30	31				