



# JULY 2017 - GROUP EXERCISE SCHEDULE

WOMEN'S ONLY CLUB 5715 82nd St; 783-0044

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2:00pm BARRE Candace <i>(no class 7/2)</i>						
	8:30am POWER Leigh <i>(no class 7/3)</i>	8:30a BARRE FUSION Sandi <i>(no class 7/4)</i>	8:30a SCULPT & TONE Rachel	8:30am X-TRAIN (Cardio Interval) Katy	8:30a HIP HOP FUSION Cynthia	
	9:30am FIT & FIERCE Amy <i>(no class 7/3)</i>	9:30am ZUMBA Angelita <i>(no class 7/4)</i>	9:30am WARM POWER YOGA Kayli	9:30am ZUMBA Cynthia	9:30a YOGA MOVEMENT Vanessa	10:00am CIRCUIT INTERVAL Sandi
	5:30pm POWER Katy <i>(no class 7/3)</i>	5:30pm BLAST Katy <i>(no class 7/4)</i>	5:30pm BARRE Candace	5:30pm POWER Frances		
	6:30pm ZUMBA Angelita <i>(no class 7/3)</i>	6:30p YOGA Taylor <i>(no class 7/4)</i>	6:30pm CIRCUIT INTERVALS Sandi	6:30pm ZUMBA Tiffany		