


# Downstairs Schedule

## July 2018

| Sun | Mon  | Tue  | Wed  | Thu                                   | Fri                                 | Sat                                      |
|-----|--|--|--|---------------------------------------|-------------------------------------|--|
| 1   | 2<br>5:15 am<br>Muscle X<br>Terry<br>12:10 Circuit<br>Training: Sandy<br><b>5:45 Zumba<br/>Lori</b>  | 3<br>12:10<br>R.I.P.P.E.D<br>Michelle<br>5:30<br><b>Jammin Cardio<br/>Linda</b>  | 4<br> | 5<br>12:10<br>Cut-N-Tone<br>Michelle  | 6<br>12:10<br>H.I.I.T<br>Michelle   | 7<br>9:00<br><b>Aqua Zumba<br/>Lori</b>  |
| 8   | 9<br>5:15 am<br>Muscle X<br>Terry<br>12:10 Circuit<br>Training: Sandy<br><b>5:45 Zumba<br/>Sam</b>   | 10<br>12:10<br>H.I.I.T<br>Joanna<br>5:30<br><b>Jammin Cardio<br/>Linda</b>       | 11<br>5:15 am<br>MX Terry<br><br>12:10<br>Step & Spin<br>Sandy                         | 12<br>12:10<br>Cut-N-Tone<br>Joanna   | 13<br>12:10<br>H.I.I.T<br>Joanna    | 14<br>9:00<br><b>Aqua Zumba<br/>Lori</b> |
| 15  | 16<br>5:15 am<br>Muscle X<br>Terry<br>12:10 Circuit<br>Training: Sandy<br><b>5:45 Zumba<br/>Lori</b> | 17<br>12:10<br>R.I.P.P.E.D<br>Michelle<br>5:30<br><b>Jammin Cardio<br/>Linda</b> | 18<br>5:15 am<br>MX Terry<br><br>12:10<br>Step & Spin<br>Michelle                      | 19<br>12:10<br>Cut-N-Tone<br>Michelle | 20<br>12:10<br>H.I.I.T.<br>Michelle | 21<br>9:00<br><b>Aqua Zumba<br/>Lori</b> |
| 22  | 23<br>5:15 am<br>Muscle X<br>Terry<br>12:10 Circuit<br>Training: Sandy<br><b>5:45 Zumba<br/>Sam</b>  | 24<br>12:10<br>H.I.I.T<br>Sandy<br>5:30<br><b>Jammin Cardio<br/>Linda</b>        | 25<br>5:15 am<br>MX Terry<br><br>12:10<br>Step & Spin<br>Sandy                         | 26<br>12:10<br>Cut-N-Tone<br>Sandy    | 27<br>12:10<br>H.I.I.T.<br>Amber    | 28<br>9:00<br><b>Aqua Zumba<br/>Lori</b> |
| 29  | 30<br>5:15 am<br>Muscle X<br>Terry<br>12:10 Circuit<br>Training: Sandy<br><b>5:45 Zumba<br/>Sam</b>  | 31<br>12:10<br>R.I.P.P.E.D<br>Michelle<br>5:30<br><b>Jammin Cardio<br/>Linda</b> |  |                                       |                                     |  |