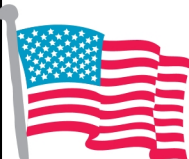


Upstairs

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Cut-N-Tone Sandy 5:45 Extreme Circuit Kaden	3 5:30 Cut-N-Sweat Sandy	4 	5 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Sandy	6 9:30 Total Core Sandy	7 9:00 HIIT Training Joanna
8	9 9:30 Cut-N-Tone Sandy 5:45 TRIPLE THREAT Amber	10 5:30 Cut-N-Sweat Sandy	11 8:30 Cardio Int. Meredith	12 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Sandy	13 9:30 Total Core Sandy	14 We will not be having a class upstairs.. but remember... we have an Aqua Zumba Class at 9:00
15	16 9:30 Cut-N-Tone Sandy 5:45 Extreme Circuit Kaden	17 5:30 Cut-N-Sweat Sandy	18 8:30 Sorry..... No Class Today... Feel free to join MX30 free of charge at 8:45	19 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Sandy	20 9:30 Total Core Sandy	21 We will not be having a class upstairs.. but remember... we have an Aqua Zumba Class at 9:00
22	23 9:30 Cut-N-Tone Sandy 5:45 TRIPLE THREAT Amber	24 5:30 Cut-N-Sweat Sandy	25 8:30 Cardio Int. Meredith	26 9:30 Yoga Rebecca 5:30 Cut-N-Sweat Sandy	27 9:30 Total Core Sandy	28 9:00 HIIT Training Joanna
29	30 9:30 Cut-N-Tone Sandy 5:45 Extreme Circuit Kaden	31 5:30 Cut-N-Sweat Sandy				