

July

CHAMPIONS

HEALTH & FITNESS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Follow us on Instagram! Like us on Facebook!						
			8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Elizabeth 6:15 PM Cycle - Mode' 1	5:30 AM Rise/Grind Strength - Sam 9:30 AM Pilates -Peach 10:30 AM Muscle Pump - Peach 5:45 PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie 2	5:45 AM Cycle - No class! 8:30 AM HIIT Cycle - No class! 9:30 AM Yogaflow -Elizabeth 3	Happy 4th Of July! No classes today! 4
8:00 AM Cycle - Mode' 5	5:30 AM HIIT Cycle -Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Peach 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Peach 6	5:45 AM Cycle - No class! 8:30 AM Pilates -Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chris 7:00 PM Pilates - Peach 7	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 8	5:30 AM Rise/Grind Strength - Sam 9:30 AM Pilates - Susan 10:30 AM MusclePump - Peach 5:45PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie 9	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach 10	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Peach 11
8:00 AM Cycle - Mode' 12	5:30 AM HIITCycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Peach 13	5:45 AM Cycle - No class! 8:30 AM Pilates -Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chanel 7:00 PM Pilates - Peach 14	8:30 AM HIIT Cycle - Sam 9:30 AM Step &Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 15	5:30 AM Rise/Grind Strength - Sam 9:30 AM Pilates - Susan 10:30 AM MusclePump - Peach 5:45 PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie 16	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach 17	9:00 AM Amber Attack - Amber 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Peach 18
8:00 AM Cycle - Mode' 19	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - HeatherHalsall 20	5:45 AM Cycle - Tom 8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chris 7:00 PM Pilates - Peach 21	8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - HeatherHalsall 22	5:30 AM Rise/Grind Strength - Sam 9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach 5:45 PM Yoga - Peach 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie 23	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach 24	9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chris 11:15 AM Yoga - Heather Halsall 25
8:00 AM Cycle - MoDe' 26	5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Elizabeth 9:30 AM Step&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 7:00 PM Yoga - Camille 27	5:45 AM Cycle -Tom 8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori 5:45 PM Zumba - Chanel 7:00 PM Pilates - Susan 28	8:30 AM HIIT Cycle - Sam 9:30 AM Styep&Sculpt - Russ 11:00 AM Senior Strong - Susan 6:15 PM Cycle - Mode' 29	5:30 AM Rise/Grind Strength - Sam 9:30 AM Pilates - Susan 10:30 AM MusclePump - Christy 5:45 PM Yoga - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie 30	5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - HeatherHalsall 31	