



# July

## Saturday Class Lineup



### July 7th

8- Cycling- Monica

*8:30- Combat Master Class*

9- Zumba- Rachel

9- Water Fit- Kellie

10:15- Yoga- Tracy

*\*Bodycombat initial training\**

### July 21<sup>st</sup>

8 – Cycling – Jenny

*9-Bodycombat*

*Launch*

9 – Water Fit – Sally

10:15- Yoga – Ali

### July 14<sup>th</sup>

7-Step- Robin

8 – Cycling- Brittany

9- ***Bodypump Launch***

9- Water Fit- Kellie

10:15- Yoga- Marilyn

### July 28th

8- Cycling- Traci

9- Piyo- Allison

*9- Grit Launch*

9- Water Fit- Traci

10:15- Yoga-