


July 2022

Group Ex – The Studio

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 8:30 FitMix Paige 9:30 N10c Deanna 9:35 Deep Stretch Paige 11:00 PT: Balance & Coordination Sherri	2 9:00 GRIT Paige 9:35 BP Paige
3 1:00 BP Paige	4 8:30 American Circuit Taylor 9:35 N10c Paige 9:35 BP Taylor 	5 5:30 N10c Annie 8:30 STENGTH Lisa 9:35 BP Deanna 5:30 Cardio Bootcamp Taylor 6:35 Zumba Erin	6 5:30 BP Stephanie 8:30 STEP Mica 9:35 HIIT IT! Deanna 11:00 PT: Zumba Gold Sabrina 12:00 BP/Core Heidi 6:00 KB Paige 6:35 BP Paige	7 5:30 N10c Annie 8:30 STENGTH Lisa 9:35 BP Heidi 6:00 GRIT Paige 6:35 Core 30 Heidi	8 8:30 Step & Strength Mica 9:30 N10c Paige 9:35 Deep Stretch Mica 11:00 PT: Social (No class) Sherri	9 9:00 GRIT Amelia 9:35 BP Amelia
10 1:00 BP Stephanie 2:00 Holy Yoga Kelly	11 8:30 STEP Mica 9:30 N10c Paige 9:35 Deep Stretch Mica 10:15 GRIT Amelia 11:00 PT: Chair Stretch & Flex Corrin 5:30 BP Heidi 6:35 Core 30 Heidi	12 5:30 N10c Annie 8:30 STENGTH Lisa 9:35 BP Amelia 5:30 Cardio Bootcamp Taylor 6:35 Zumba Theresa	13 5:30 BP Stephanie 8:30 STEP Diana 9:35 HIIT IT! Paige 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BP/Core Heidi 6:00 KB Paige 6:35 BP Adrienne	14 5:30 N10c Annie 8:30 STENGTH Lisa 9:35 BP Heidi 6:00 GRIT Paige 6:35 Core 30 Heidi	15 8:30 Step & Strength Mica 9:30 N10c Paige 9:35 Deep Stretch Mica 11:00 PT: Balance & Coordination Sherri	16 9:00 GRIT Amelia 9:35 BP Amelia
17 1:00 BP Betsey	18 8:30 STEP Diana 9:30 N10c Betsey 9:35 Deep Stretch Diana 10:15 GRIT Deanna 11:00 PT: Cardio Ball Drumming Sabrina 5:30 BP Heidi 6:35 Core 30 Heidi	19 5:30 N10c Annie 8:30 STENGTH Lisa 9:35 BP Amelia 5:30 Cardio Bootcamp Taylor 6:35 Zumba Theresa	20 5:30 BP Stephanie 8:30 STEP Diana 9:35 HIIT IT! Deanna 11:00 PT: Zumba Gold Sabrina 12:00 BP/Core Heidi 6:00 KB Paige 6:35 BP Paige	21 5:30 N10c Annie 8:30 STENGTH Lisa 9:35 BP Heidi 6:00 GRIT Paige 6:35 Core 30 Heidi	22 8:30 Step & Strength Diana 9:30 N10c Deanna 9:35 Deep Stretch Diana 11:00 PT: Balance & Coordination Sherri	23 9:00 GRIT Amelia 9:35 BP Amelia
24 1:00 BP Stephanie 31 1:00 BP Adrienne	25 8:30 STEP Mica 9:30 N10c Betsey 9:35 Deep Stretch Mica 10:15 GRIT Deanna 11:00 PT: Chair Stretch & Flex Corrin 5:30 BP Heidi 6:35 Core 30 Heidi	26 5:30 N10c Annie 8:30 STENGTH Lisa 9:35 BP Deanna 5:30 Cardio Bootcamp Taylor 6:35 Zumba Erin	27 5:30 BP Stephanie 8:30 STEP Diana 9:35 HIIT IT! Deanna 11:00 PT: Cardio Ball Drumming Sabrina 12:00 BP/Core Heidi NO KB Class 6:35 BP Adrienne	28 5:30 N10c Annie 8:30 STENGTH Lisa 9:35 BP Heidi NO GRIT CLASS 6:35 Core 30 Heidi	29 8:30 Step & Strength Mica 9:30 N10c Deanna 9:35 Deep Stretch Mica 11:00 PT: Balance & Coordination Sherri	30 NO GRIT CLASS 9:35 BP Stacey