



July 2018 Studio Schedule

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:30-6:00a						Closed	Closed
6:00-7:00a					Bootcamp		
7:00-8:00a							
8:00-9:00a							
9:00-10:00a							
10:00-11:00a							
11:00a-12:00p							
12:00-1:00p						Cycling	
1:00-2:00p							
2:00-3:00p		Smart Fit Girls 2:30-4:30pm		Smart Fit Girls 2:30-4:30pm			
3:00-3:30p							
3:30-4:00p							
4:00-4:30p						Dance 7/14 & 7/21	
4:30-5:00p		Jazz 4:45-5:45p	Tap 4:45-5:45p				
5:00-5:30p							
5:30-6:00p							
6:00-6:30p							
6:30-7:00p	Bootcamp	Cycling	Bootcamp	Anti-Gravity			
7:00-7:30p							
7:30-8:00p		Stretch	Intro to Foam Rolling 745- 845p				
8:00-8:30p							
8:30-9:00p							

Summer 2 classes begin July 9th

Schedule subject to change without notice