




# July Fitness & Wellness

SUN	MON	TUES	WED	THURS	FRI	SAT
				1 6 AM <b>Bootcamp</b> Victor  7 PM <b>Shredded</b> Victor	2  6:30 PM <b>Boxing</b> <b>Bootcamp</b> Elijah	3  <b>Happy</b> <b>July 4th</b> <b>Weekend!</b>
4	5  <b>Happy</b> <b>July 4th</b> <b>Weekend</b>  <b>No</b> <b>Classes!</b>	6 6 AM <b>Shredded</b> Victor  6:30 PM <b>Boxing</b> <b>Bootcamp</b> Elijah	7  6:30 PM <b>Bootcamp</b> James  7:30 PM <b>Yoga</b> Susan	8 6 AM <b>Bootcamp</b> Victor  7 PM <b>Shredded</b> Victor	9  6:30 PM <b>Boxing</b> <b>Bootcamp</b> Elijah	10  9 AM <b>Buns + Guns</b> James  10 AM <b>Yoga</b> Faith
11  10 AM <b>Pickle</b> <b>Ball Drills</b> JT <i>Phase 5, equipment provided</i>	12  6:30 PM <b>Bootcamp</b> James  7:30 PM <b>Aqua Fit</b> Susan Phase 1 Pool	13 6 AM <b>Shredded</b> Victor  6:30 PM <b>Boxing</b> <b>Bootcamp</b> Elijah	14  6:30 PM <b>Bootcamp</b> James  7:30 PM <b>Yoga</b> Susan	15 6 AM <b>Bootcamp</b> Victor  7 PM <b>Shredded</b> Victor	16  6:30 PM <b>Boxing</b> <b>Bootcamp</b> Elijah	17  9 AM <b>Buns + Guns</b> James  10 AM <b>Yoga</b> Faith
18	19  6:30 PM <b>Bootcamp</b> James  7:30 PM <b>Aqua Fit</b> Susan Phase 1 Pool	20 6 AM <b>Shredded</b> Victor  6:30 PM <b>Boxing</b> <b>Bootcamp</b> Elijah	21  6:30 PM <b>Bootcamp</b> James  7:30 PM <b>Yoga</b> Susan	22 6 AM <b>Bootcamp</b> Victor  7 PM <b>Shredded</b> Victor	23  6:30 PM <b>Boxing</b> <b>Bootcamp</b> Elijah	24  9 AM <b>Buns + Guns</b> James  10 AM <b>Yoga</b> Faith
25  10 AM <b>Pickle</b> <b>Ball Drills</b> JT <i>Phase 5, equipment provided</i>	26  6:30 PM <b>Bootcamp</b> James  7:30 PM <b>Aqua Fit</b> Susan Phase 1 Pool	27 6 AM <b>Shredded</b> Victor  6:30 PM <b>Boxing</b> <b>Bootcamp</b> Elijah	28  6:30 PM <b>Bootcamp</b> James  7:30 PM <b>Yoga</b> Susan	29 6 AM <b>Bootcamp</b> Victor  7 PM <b>Shredded</b> Victor	30  6:30 PM <b>Boxing</b> <b>Bootcamp</b> Elijah	31  9 AM <b>Buns + Guns</b> James  10 AM <b>Yoga</b> Faith

