

JULY 2024 GROUP EX



REMINDER: Evening classes on hiatus until September. We're happy to meet up for buddy workouts or provide sample routines!

	Mon 07/01	Tue 07/02	Wed 07/03	Thu 07/04	Fri 07/05
AM	5:15 - 6:00 Full Body Mix (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Tabata/HIIT (T)	5:15 - 6:00 Strength Mix (T) 9:00 - 10:00 FFL (J)		
	Mon 07/08	Tue 07/09	Wed 07/10	Thu 07/11	Fri 07/12
AM	5:15 - 6:00 Full Body Mix (T) 6:30 - 7:15 Full Body Mix (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Kickboxing (T)	5:15 - 6:00 Strength Focus (T) 6:30 - 7:15 Strength Focus (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 HIIT/Tabata (T) 6:30 - 7:15 HIIT/Tabata (T) 9:00-10:00 FFL (J)	11:00 - 12:00 FFL WATER (J)
	Mon 07/15	Tue 07/16	Wed 07/17	Thu 07/18	Fri 07/19
AM	5:15 - 6:00 Full Body Mix (T) 6:30 - 7:15 Full Body Mix (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Kickboxing (T)	5:15 - 6:00 Strength Focus (T) 6:30 - 7:15 Strength Focus (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 HIIT/Tabata (T) 6:30 - 7:15 HIIT/Tabata (T) 9:00-10:00 FFL (J)	
	Mon 07/22	Tue 07/23	Wed 07/24	Thu 07/25	Fri 07/26
AM	5:15 - 6:00 Full Body Mix (T) 6:30 - 7:15 Full Body Mix (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Kickboxing (T)	5:15 - 6:00 Strength Focus (T) 6:30 - 7:15 Strength Focus (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 HIIT/Tabata (T) 6:30 - 7:15 HIIT/Tabata (T) 9:00-10:00 FFL (J)	11:00 - 12:00 FFL WATER (J)
	Mon 07/29	Tue 07/30	Wed 07/31	Thu 08/01	Fri 08/02
AM	5:15 - 6:00 Full Body Mix (T) 6:30 - 7:15 Full Body Mix (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 Kickboxing (T)	5:15 - 6:00 Strength Focus (T) 6:30 - 7:15 Strength Focus (T) 9:00 - 10:00 FFL (J)	5:15 - 6:00 HIIT/Tabata (T) 6:30 - 7:15 HIIT/Tabata (T) 9:00-10:00 FFL (J)	11:00 - 12:00 FFL WATER (J) 

(J) Jolynne (T) Tami