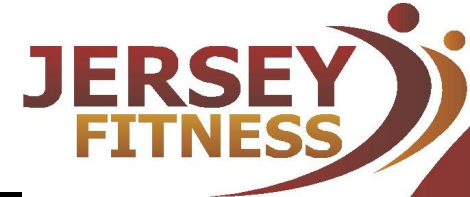





# July 2018

## Group Exercise Schedule



Mon	Tue	Wed	Thu	Fri	Sat	
<b>1</b> <b>10:00AM</b> <b>Buti Yoga</b> <b>Amanda</b>	<b>2</b> 9:15AM Interval Training 101 Maura  5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy	<b>3</b> 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Chrissy 5:30PM Piloxing No Class 6:45PM Yoga	<b>4</b> 	<b>5</b> 9:15AM Interval Core Amanda  4:30PM Buti Yoga Amanda 5:30PM cardio sculpt Tara 6:45PM Yoga Bill	<b>6</b> 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Alaina	<b>7</b> 9:00AM XTRAIN Chrissy 10:30AM Yoga Bill
<b>8</b> <b>10:00AM</b> <b>Buti Yoga</b> <b>Amanda</b>	<b>9</b> 9:15AM Interval Training 101 Amanda  5:30PM ZUMBA Chrissy 6:30PM Kardio Karate	<b>10</b> 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	<b>11</b> 9:15AM Circuit Training Maura 10:30AM Yoga Rachel  5:30 PM HIIT Chrissy 6:30PM ZUMBA Alaina	<b>12</b> 9:15AM Interval Core Amanda  4:30PM Buti Yoga Amanda 5:30PM cardio sculpt Tara 6:45PM Yoga Bill	<b>13</b> 9:15AM Circuit Training Colleen 10:00AM Pilates Colleen  5:30 PM ZUMBA Alaina	<b>14</b> 9:00AM Cardio Sculpt Tara Puitz  10:30AM Yoga Bill
<b>15</b> <b>10:00AM</b> <b>Buti Yoga</b> <b>Amanda</b>	<b>16</b> 9:15AM Interval Training 101 Maura  5:30PM ZUMBA Alaina 6:30PM Kardio Karate No class	<b>17</b> 9:15AM XTRAIN Tara Puitz 10:30AM BUTI YOGA Amanda  5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	<b>18</b> 9:15AM Circuit Training Maura 10:30AM Yoga Rachel  5:30 PM HIIT No class 6:30PM ZUMBA Alaina	<b>19</b> 9:15AM Interval Core Amanda 4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga	<b>20</b> 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen  5:30 PM ZUMBA Alaina	<b>21</b> 9:00AM Piloxing Tara Powell  10:30AM Yoga Bill
<b>22</b> <b>10:00AM</b> <b>Buti Yoga</b> <b>Amanda</b>	<b>23</b> 9:15AM Interval Training 101 Amanda 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy	<b>24</b> 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	<b>25</b> 9:15AM Circuit Training Colleen 10:30AM Yoga Rachel  5:30 PM HIIT Chrissy 6:30PM ZUMBA Alaina	<b>26</b> 9:15AM Interval Core Amanda  4:30PM BUTI YOGA Amanda 5:30PM Cardio Sculpt Tara 6:45PM Yoga	<b>27</b> 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen  5:30 PM ZUMBA Alaina	<b>28</b> 9:00AM Super Step Chrissy  10:30AM Yoga Bill
<b>29</b> <b>10:00AM</b> <b>Buti Yoga</b> <b>Amanda</b>	<b>30</b> 9:15AM Interval Training 101 Maura 5:30PM ZUMBA Alaina 6:30PM Kardio Karate No Class	<b>31</b> 9:15AM XTRAIN Chrissy 10:30AM BUTI YOGA Amanda 5:00PM HIIT IT Hard Chrissy 5:30PM Kardio Karate Chrissy 6:45PM Yoga	Buti yoga is a dynamic asana practice fused with primal movement, tribal dance and deep core engagement.	Questions/Comments/Concerns: Chrissyboza@yahoo.com  *Schedule and Instructors subject to change*		