



July 2021 Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>5:30am-BodyPump</u>	<u>5:15am-Cycle</u>		<u>5:15am-SPRINT</u>			
			<u>5:50am-CORE</u>			
<u>8:00am-Step</u>	<u>8:00am-Barre Fusion</u>		<u>8:00am-Step</u>			
			<u>8:15a SPRINT</u>		<u>8:15am-Cycle</u>	
<u>8:50am-BodyPump</u>	<u>8:50am-Cycle</u>	<u>8:50am-BodyPump</u>	<u>8:50am-Barre Fusion</u>	<u>8:50am-BodyPump</u>		
<u>9:00am-Water Aerobics</u>		<u>9:00am-Water Aerobics</u>		<u>9:00am-Water Aerobics</u>	<u>9:05am-BodyPump</u>	
<u>10:00am-Yoga</u>		<u>10:00am-Barre Fusion</u>			<u>10:15am-Summer Saturday Series</u>	
<u>12:15pm-BodyPump 30</u>	<u>12:15pm-Yoga</u>	<u>12:15pm-LM CORE</u>		<u>12:15pm-BodyPump 30</u>		
<u>4:30pm-BodyPump</u>		<u>4:30pm-BodyPump</u>				
<u>5:35pm-SPRINT</u>	<u>5:30pm-BodyPump</u>	<u>5:35pm-Cycle</u>	<u>5:30pm-BodyPump</u>			
<u>6:10pm-LM CORE</u>		<u>5:35pm-BodyCombat X</u>				

****For real time daily class offerings, please check the ClubLife app to make your reservation. Class offerings can change based upon instructor availability.****