

## SHAW JULY SCHEDULE

	Mon	Tues	Wed	Thu	Fri	Sat
1-3	NEW CLASS FIT MAXX ON WEDNESDAY MORNING WITH FOCUS ON ABS.AND YOUR CORE			7:00 Fit MaXX Shaunna 12:30 Fusion Shannon 5:00 Sculpt Shaunna 6:00Zumba Shaunna 6:00 Cycling Erin	GOD BLESS AMERICA	HAPPY 4 <sup>TH</sup> OF JULY!! BREAK
5-10		7:00 Fit MaXX Shaunna 9:30 Fit Intervals Erin 11:30 Boot Camp Shannon 12:30 Fusion Shannon 5:00 Sculpt Shaunna 6:00 Zumba Shaunna 6:00 Cycling Randee	6:00 Cycling Randee 7:00 Fit MaXX Shaunna 9:30 Sculpt Randee 11:30 Boot Camp Erin 5:00 Kickbox Shaunna 6:00 Cycling Shannon	7:00 Fit MaXX Shaunna 12:30 Fusion Shannon 5:00 Sculpt Randee 6:00 Hip Hop Randee 6:00 Cycling Emily	9:30 Step Shaunna 11:30 Boot Camp Shannon	9:00 Cycling Yvonne 10:00 Masters Shaunna
12-17	6:00 Cycling Randee 9:30 Sculpt Shannon 10:30 Step Shaunna 11:30 Boot Camp Shannon 5:00 Kickbox Shaunna 6:00 Cycling Shannon	7:00 Fit MaXX Shaunna 9:30 Fit Intervals Erin 11:30 Boot Camp Shannon 12:30 Fusion Shannon 5:00 Sculpt Shaunna 6:00 Zumba Shaunna 6:00 Cycling Randee	6:00 Cycling Randee 7:00 Fit MaXX Shaunna 9:30 Sculpt Randee 11:30 Boot Camp Erin 5:00 Kickbox Shaunna 6:00 Cycling Shannon	7:00 Fit MaXX Shaunna 12:30 Fusion Shannon 5:00 Sculpt Shaunna 6:00 Hip Hop Randee 6:00 Cycling Erin	9:30 Step Shaunna 11:30 Boot Camp Shannon	9:00 Cycling Yvonne 10:00 Masters Yvonne
19-24	6:00 Cycling Randee 9:30 Sculpt Shannon 10:30 Step Shaunna 11:30 Boot Camp Shannon 5:00 Kickbox Shaunna 6:00 Cycling Shannon	7:00 Fit MaXX Shaunna 9:30 Fit Intervals Erin 11:30 Boot Camp Shannon 12:30 Fusion Shannon 5:00 Sculpt Shaunna 6:00 Zumba Shaunna 6:00 Cycling Randee	6:00 Cycling Randee 7:00 Fit MaXX Shaunna 9:30 Sculpt Randee 11:30 Boot Camp Erin 5:00 Kickbox Shaunna 6:00 Cycling Shannon	7:00 Fit MaXX Shaunna 12:30 Fusion Shannon 5:00 Sculpt Shaunna 6:00 Zumba Shaunna 6:00 Cycling Erin	9:30 Step Shaunna 11:30 Boot Camp Shannon	9:00 Cycling Yvonne 10:00 Masters Shaunna
26-31	6:00 Cycling Randee 9:30 Sculpt Shannon 10:30 Step Randee 11:30 Boot Camp Shannon 5:00 Kickbox Erin 6:00 Cycling Shannon	7:00 Fit MaXX Shannon 9:30 Fit Intervals Erin 11:30 Boot Camp Shannon 12:30 Fusion Shannon 5:00 Sculpt Randee 6:00 Hip Hop Randee 6:00 Cycling Emily	6:00 Cycling Randee 7:00 Fit MaXX Shannon 9:30 Sculpt Randee 11:30 Boot Camp Erin 5:00 Kickbox Erin 6:00 Cycling Shannon	7:00 Fit MaXX Shannon 12:30 Fusion Shannon 5:00 Sculpt Randee 6:00 Hip Hop Randee 6:00 Cycling Emily	9:30 Step Shannon 11:30 Boot Camp Shannon	9:00 Cycling Yvonne 10:00 Masters Yvonne

