



Monthly Class Schedule ***JULY 2025***



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0530 - 0630	Strength (Starting July 7)		Strength		Strength	
0600 - 0700			Yoga - Flow			
0800-0900	NOFFS*	NOFFS*	NOFFS*			
0900 - 1000		Family Fitness (Starting July 7)		Family Fitness		
0930 - 1030						Zumba
1045-1145						Spin (July 5, 19)
1200-1230						Yoga - Flow (July 5, 19)
1700 - 1800	Yoga - Beginner	Spin	Barbell HIIT	Weightlifting		
1800 - 1900	Zumba	Yoga - Restorative	Zumba			