

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Spin 6:45-7:45 a.m. Pilates 8-12:00	2 *Circuit 8:00-9:00 Pilates 8-12:00	3 Independence Day (Observed)	4 Spin 8:15-9:15 a.m. Rock n Roll Tennis 9:30-11:30	5 Rock n Roll Tennis 9:30-11:30
6 Total Body Workout 6:45-7:45 a.m. Pilates 8-12:00	7 Pilates 8-12:00	8 Spin 6:45-7:45 a.m. Pilates 8-12:00	9 *Circuit 8:00-9:00 Pilates 8-12:00	10 Total Body Workout 6:45-7:45 a.m. Yoga 8:45-9:45 Pilates 8-12:00	11 Spin 8:15-9:15 a.m. Rock n Roll Tennis 9:30-11:30	12 Rock n Roll Tennis 9:30-11:30
13 Total Body Workout 6:45-7:45 a.m. Pilates 8-12:00	14 Pilates 8-12:00	15 Spin 6:45-7:45 a.m. Pilates 8-12:00	16 *Circuit 8:00-9:00 Pilates 8-12:00	17 Total Body Workout 6:45-7:45 a.m. Yoga 8:45-9:45 Pilates 8-12:00	18 Spin 8:15-9:15 a.m. Rock n Roll Tennis 9:30-11:30	19 Rock n Roll Tennis 9:30-11:30
20 Total Body Workout 6:45-7:45 a.m. Pilates 8-12:00	21 Pilates 8-12:00	22 Spin 6:45-7:45 a.m. Pilates 8-12:00	23 *Circuit 8:00-9:00 Pilates 8-12:00	24 Total Body Workout 6:45-7:45 a.m. Yoga 8:45-9:45 Pilates 8-12:00	25 Spin 8:15-9:15 a.m. Rock n Roll Tennis 9:30-11:30	26 Rock n Roll Tennis 9:30-11:30
27 Total Body Workout 6:45-7:45 a.m. Pilates 8-12:00	28 Pilates 8-12:00	29 Spin 6:45-7:45 a.m. Pilates 8-12:00	30 *Circuit 8:00-9:00 Pilates 8-12:00	31 Total Body Workout 6:45-7:45 a.m. Yoga 8:45-9:45 Pilates 8-12:00	* combo of weights & cardio	