

JULY

FITNESS CLASSES WITH DONNA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CIRCUIT 8:30 – 9:30	2 YOGA 8:30 – 9:30 SPECIAL 9:30 – 10:30	3 BOOM 8:30 – 9:30	4 <u>NO CLASS</u> INDEPENDENCE DAY !!!	5
6	7 YOGA 8:30 – 9:30	8 CIRCUIT 8:30 – 9:30	9 YOGA 8:30 – 9:30 SPECIAL 9:30 – 10:30	10 BOOM 8:30 – 9:30	11 YOGA 8:30 – 9:30	12
13	14 YOGA 8:30 – 9:30	15 CIRCUIT 8:30 – 9:30	16 YOGA 8:30 – 9:30 SPECIAL 9:30 – 10:30	17 BOOM 8:30 – 9:30	18 YOGA 8:30 – 9:30	19
20	21 YOGA 8:30 – 9:30	22 CIRCUIT 8:30 – 9:30	23 YOGA 8:30 – 9:30 SPECIAL 9:30 – 10:30	24 BOOM 8:30 – 9:30	25 YOGA 8:30 – 9:30	26
27	28 YOGA 8:30 – 9:30	29 CIRCUIT 8:30 – 9:30	30 YOGA 8:30 – 9:30 SPECIAL 9:30 – 10:30	31 BOOM 8:30 – 9:30		