



	GF1 No Class July 28th	Functional Room No class 15 July				11 H
1600-1800	<b>1630 Springboard Pilates</b> (Pilates Studio w/ Lizzie) <b>No class Jul14th and 21st</b> <b>1730 Studio Pilates</b> w/ Lizzie No class Jul14th and 21st	1730 Zumba w/Michelle (GF1) Personal Training Services Barbara Todescato	<ul> <li>1630 Reformer Pilates w/ Lizzie (Pilates Studio)</li> <li>No class No Class Jul 9th and 16th</li> <li>1730 Reformer Pilates w/ Lizzie (Pilates Studio)</li> <li>No class Jul 9th and 16th</li> <li>1700 Align and Flow Yoga w/Regan (GF1) No class July 30th</li> </ul>		<section-header></section-header>	HIP HOP STEP CLASS
1800-2000	<b>1800 Zumba *FREE*</b> w/Sara (GF1) No class July 7th <b>Karate</b> 1800-1900 w/ Matthew Combatives Room	<b>1800-1945 Hip-Hop Step Aerobics</b> W/Byron Canopy area	1800 Zumba *FREE* w/Sara (GF1) <b>New!!!</b> 1800-1900 Free Hybrid Training with Ambra Functional Room 2 and 23 July only	1730 Zumba w/Michelle (GF1) 1800-1945 Hip- Hop Step Aerobics W/Byron Canopy area	Karate 18001900 With Matthew No class 4th of July	Personal Training Services Regan Shifflett