



MONDAY, JULY 4TH 2022

SPECIAL GROUP EX SCHEDULE

8:45 AM CORE ~ Andrea (Studio 1)

9:00 AM VINYASA YOGA ~ Brenda (Studio 4)

9:30 AM BODYCOMBAT ~ Andrea (Studio 1)

9:30 AM CYCLE 45 ~ Dave (Studio 3)

- ★ ALL OTHER GROUP EX CLASSES CANCELLED TODAY
- ★ CHILD-CARE (CAC) AVAIL: 8:30 AM to 12:00 Noon
- ★ GYM HOURS: 7AM to 12 Noon

HAVE A SAFE AND FUN HOLIDAY !