

XF Aerobics JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9:00 AM RIP 10:10 AM Ab Class 10:40 AM Yoga Sculpt 5:00 PM Restorative Yoga 6:30 PM Ab Class 7:00 PM Bootcamp S	3 9:00 AM Kick Boxing 10:00 AM Zumba I 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	4 Independence Day	5 9:00 AM RIP 10:00 AM Yoga Core 5:00 Barre/Sculpt 6:00 PM Bootcamp T 7:00 PM Zumba	6 9:00 AM Pound 10:00 AM MIXXED FIT	7 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Restorative Yoga
8	9 9:00 AM RIP 10:10 AM Ab Class 10:40 AM Yoga Sculpt 5:00 PM Restorative Yoga 5:45 PM Spin PL 6:30 PM Ab Class 7:00 PM Bootcamp S	10 9:00 AM Kick Boxing 10:00 AM Zumba I 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	11 9:00 AM Bootcamp S 10:00 AM Barre/Restorative 11:00 AM Beginner Spin J 5:00 PM Yoga 7:00 PM MIXXEDFIT	12 9:00 AM RIP 10:00 AM Yoga Core 5:00 Barre/Sculpt 6:00 PM Spin PL 6:00 PM Bootcamp T 7:00 PM Zumba	13 9:00 AM Pound 10:00 AM MIXXED FIT	14 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Restorative Yoga
15	16 9:00 AM RIP 10:00 AM Yoga 11:00 AM Kids Zumba! 5:00 PM Restorative Yoga 6:30 PM Ab Class 7:00 PM Bootcamp S	17 9:00 AM Kick Boxing 10:00 AM Zumba I 11:00 AM Kids Zumba! 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	18 9:00 AM Bootcamp S 10:00 AM Barre/Restorative 11:00 AM Beginner Spin J 11:00 AM Kids Zumba! 5:00 PM Yoga 6:00 PM Spin PL 7:00 PM MIXXEDFIT	19 9:00 AM RIP 10:00 AM Yoga Core 5:00 Barre/Sculpt 6:00 PM Bootcamp T 7:00 PM Zumba	20 9:00 AM Pound 10:00 AM MIXXED FIT	21 9:00 AM Ab Class 9:30 AM - 11:30 Zumbathon for Special Olympics! 9:30 AM Beginner Spin J
22 Parents' Day	23 9:00 AM RIP 10:10 AM Ab Class 10:40 AM Yoga Sculpt 5:00 PM Restorative Yoga 5:45 PM Spin PL 6:30 PM Ab Class 7:00 PM Bootcamp S	24 9:00 AM Kick Boxing 10:00 AM Zumba I 6:00 PM Leg Blaster 7:00 PM HOT! Yoga	25 9:00 AM Bootcamp S 10:00 AM Barre/Restorative 11:00 AM Beginner Spin J 5:00 PM Yoga 7:00 PM MIXXEDFIT	26 9:00 AM RIP 10:00 AM Yoga Core 5:00 Barre/Sculpt 6:00 PM Spin PL 6:00 PM Bootcamp T 7:00 PM Zumba	27 9:00 AM Pound 10:00 AM MIXXED FIT	28 9:00 AM Ab Class 9:30 AM Zumba Tone I 9:30 AM Beginner Spin J 10:30 AM Restorative Yoga
29	30 9:00 AM RIP 10:10 AM Ab Class 10:40 AM Yoga Sculpt 5:00 PM Restorative Yoga 6:30 PM Ab Class 7:00 PM Bootcamp S	31 9:00 AM Kick Boxing 10:00 AM Zumba I 6:00 PM Leg Blaster 7:00 PM HOT! Yoga			Notes: I - Izzy E - Erin PL - PL J - Jennifer T - Taryn S - Shanna	