

# JULY

## THREE SPRINGS ROAD

# 2024



		MON	TUE	WED	THU	FRI	SAT
5:15-6:15 AM	<u>Tabata-Carrie</u> (7/1, 7/15 & 7/29)  <u>Spin w/ Beth (7/1, 7/15, 7/29)</u>  <u>Bootcamp + Spin w/ Regina</u> (7/8 & 7/22)	Power Up+Kickboxing  -Allison	Butts "N" Guts  -Carrie  <u>Spin</u>  -Beth	<u>Spin</u>  -Regina			
8:30-9:30 AM	Power Up  -Tina	Spin  -Chandler  -Beth 7/23	Bootcamp  -Tina	<u>Spin</u>  -Chandler -Beth 7/25  <u>Zumba</u> -Ana	F.I.T.  -Ana	Spin  -Chandler (7/13 & 7/27) -Beth (7/6 & 7/20)	
9:30-10:30AM	Spin  -Tina	Tabata +  -Chandler -Beth 7/23	Spin  -Tina	Pump It Up  -Chandler -Beth 7/25	Spin  -Beth		
5:30-6:30 PM	Zumba  -Ana	Explosive Fitness  -Danny <b>*No class(7/23)</b>	Power Up +Tabata  -Regina				