

# VIRTUAL/LIVE july 2021

**july schedule**

blessed to be able!

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Bootcamps live using Zoom!

Step 151 live using Facebook Live

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	<b>2</b> 10am// Bootcamp on the Rocks	<b>3</b> 8am// Bootcamp on the Rocks 9:15am// Step 151
<b>4 4<sup>TH</sup> OF JULY!!!</b> 9am// Bootcamp on the Rocks 10am// Step 151	<b>5</b> 9am// Bootcamp on the Rocks 10am// Step 151	<b>6</b> 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday	<b>7</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>8</b> 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	<b>9</b> 10am// Bootcamp on the Rocks	<b>10</b> 8am// Bootcamp on the Rocks 9:15am// Step 151
<b>11</b> 9am// Bootcamp on the Rocks	<b>12</b> <b>NO CLASSES</b>	<b>13</b> <b>NO CLASSES</b>	<b>14</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>15</b> 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	<b>16</b> 10am// Bootcamp on the Rocks	<b>17</b> 8am// Bootcamp on the Rocks 9:15am// Step 151
<b>18</b> 9am// Bootcamp on the Rocks	<b>19</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>22</b> 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday	<b>21</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>22</b> 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	<b>23</b> 10am// Bootcamp on the Rocks	<b>24</b> 8am// Bootcamp on the Rocks 9:15am// Step 151
<b>25</b> 9am// Bootcamp on the Rocks	<b>26</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>27</b> 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday	<b>28</b> 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	<b>29</b> 10am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	<b>30</b> 10am// Bootcamp on the Rocks	<b>31</b> 8am// Bootcamp on the Rocks 9:15am// Step 151