

july schedule

blessed to be able!

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Bootcamps live using Zoom

Step 151 live using Facebook Live

july 2024

(ALL CLASSES ARE A COMBO OF
IN-PERSON AND VIRTUAL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10am// OPEN GYM 5:30pm// OPEN GYM	2 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	3 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	4 8am// Bootcamp on the Rocks 9am// Bootcamp on the Rocks 10am// Step 151 HAPPY 4TH !!	5 10am// Bootcamp on the Rocks	6 8am// Bootcamp on the Rocks 9:15am// Step 151
7 9am// Bootcamp on the Rocks	8 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	9 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	10 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	11 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	12 10am// Bootcamp on the Rocks	13 8am// Bootcamp on the Rocks 9:15am// Step 151
14 9am// Bootcamp on the Rocks	15 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	16 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	17 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	18 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	19 10am// Bootcamp on the Rocks	20 8am// Bootcamp on the Rocks 9:15am// Step 151
21 9am// Bootcamp on the Rocks	22 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	23 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	24 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	25 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	26 10am// Bootcamp on the Rocks	27 8am// Bootcamp on the Rocks 9:15am// Step 151
28 9am// Bootcamp on the Rocks	29 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	30 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	31 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151			