

DYNAMIC & YOGA FITNESS CENTER

July 2017

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------|--|---|--|--|---------------|--|
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| | STUDIO CLOSED JULY 1-4 HAPPY 4TH OF JULY!!! | | 5:45 NO CLASS 8:30 Kick it Up 12:00 NO CLASS 4:30 Strength 5:30 Beginner Barre 6:30 NO CLASS | 8:30 Zumba 9:30 NO CLASS 4:30 NO CLASS 5:30 Zumba | 8:30 Strength | 8:00 Vinyasa Yoga 9:00 Zumba |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| | 5:45 Cycling 8:30 Bootcamp 4:30 Cardio Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1 | 5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 12:00 Cardio Circuit 4:30 Vinyasa Yoga 5:30 Zumba | 5:45 Cycling 8:30 Kick it Up 12:00 Slow Flow Yoga 4:30 Strength 5:30 Beginner Barre 6:30 Total Body Fitness | 8:30 Zumba 9:30 Vinyasa Yoga 4:30 NO CLASS 5:30 Zumba | 8:30 Strength | 8:00 Vinyasa Yoga 9:00 Zumba |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | 5:45 Cycling 8:30 Bootcamp 4:30 Cardio Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1 | 5:45 Strength 8:30 Barre 9:30 Vinyasa Yoga 12:00 Cardio Circuit 4:30 Vinyasa Yoga 5:30 Zumba | 5:45 Cycling 8:30 Kick it Up 12:00 Slow Flow Yoga 4:30 Strength 5:30 Beginner Barre 6:30 Total Body Fitness | 8:30 Zumba 9:30 Vinyasa Yoga 4:30 NO CLASS 5:30 Zumba | 8:30 Strength | 8:00 Vinyasa Yoga 9:00 Zumba |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
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| 30 | 31 | | | | | |
| | 5:45 Cycling 8:30 Bootcamp 4:30 Cardio Boxing 5:30 Vinyasa Yoga 6:30 Yoga Level 1 | | | | | |
| notes | Schedule Change Cancelled Class | | | | | |