

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM Cardio Kickbox / True HIIT			9:15 AM Mat Pilates	9:15 AM Functional Training Hour		<b>MONTHLY WORKSHOPS</b>
		10:30 AM Bands, Balls, Booty & Balance			10:30 AM *Zumba 45-Minutes	
6:15 PM TBA	5:45 PM Strength Interval / Step	6:15 PM Cardio Kickbox / True HIIT	5:45 PM Strength Interval / Step			
	7 PM Mat Pilates	7:15 PM YOGA Restorative Vinni				

\*Saturday Zumba is taught by Lisandra on July 20 and August 31

\*\*Benny's Saturday classes will return in the fall (once a month)