

July

Hip Hop Dance- Cindy						Beginner/Power Yoga-Eryn							
WellBeats-Staff						Lunch Time Circuit Training							
Tabatta/KB AMPD-Kimberly						Vinyassa Yoga-Amy			Indoor Cycling- Steven				
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
2		Training Holiday 0800-2000 3		Federal Holiday 0800-1600 4		5		0600 Power Yoga 6		7		8	
		0900-Well-Beats				0900-Well-Beats		0930 KB AMPD		1000 Hip Hop Dance			
		L.C.T. - 1130-1330				1200-Beginner Yoga		L.C.T. - 1130-1330		L.C.T. - 1130-1330			
						1730 Vinyassa Yoga							
9		10		0600 Power Yoga 11		12		0600 Power Yoga 13		14		15	
		0900-Well-Beats		0900 Tabatta		0900-Well-Beats		0930 KB AMPD		1000 Hip Hop Dance			
		1000 Hip Hop Dance		1015 Vinyassa Yoga		1200-Beginner Yoga				L.C.T. - 1130-1330			
		L.C.T. - 1130-1330		L.C.T. - 1130-1330				L.C.T. - 1130-1330					
		1730 Vinyassa Yoga		1500 Indoor Cycling		1730 Vinyassa Yoga		1500 Indoor Cycling					
16		17		0600 Power Yoga 18		19		0600 Power Yoga 20		21		22	
		0900-Well-Beats		0900 Tabatta		0900-Well-Beats		0930 KB AMPD		1000 Hip Hop Dance			
		1000 Hip Hop Dance		1015 Vinyassa Yoga		1200-Beginner Yoga				L.C.T. - 1130-1330			
		L.C.T. - 1130-1330		L.C.T. - 1130-1330				L.C.T. - 1130-1330					
		1730 Vinyassa Yoga		1500 Indoor Cycling		1730 Vinyassa Yoga		1500 Indoor Cycling					
23		24		25		26		27		28		29	
		0900-Well-Beats		0900 Tabatta		0900-Well-Beats		0930 KB AMPD					
		1000 Hip Hop Dance		1015 Vinyassa Yoga						L.C.T. - 1130-1330			
		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330					
		1730 Vinyassa Yoga				1730 Vinyassa Yoga							
30		31		1		2		3		4		5	
		0900-Well-Beats		0900 Tabatta		0900-Well-Beats		0930 KB AMPD		1000 Hip Hop Dance			
				1015 Vinyassa Yoga						L.C.T. - 1130-1330			
		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330		L.C.T. - 1130-1330					
						1730 Vinyassa Yoga							
All classes are \$4 each.													
Coupon Books available for all classes													
													
Personal Trainers are here, Book with staff now.													

Classes times and dates are subject to change!