



JULY 2026 GROUP EXERCISE CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday
		1 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	2 NO CLASSES	3 FEDERAL HOLIDAY
6 1300-1400 Total Body Pump Derick	7 1130-1215 Deep Stretch Karen 1215-1300 HIIT Karen	8 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	9 0630-0730 Power Cycle Judy 1215-1315 Pilates Karen	10 0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
13 0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	14 1130-1215 Deep Stretch Karen 1215-1300 HIIT Karen	15 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	16 0630-0730 Power Cycle Judy 1215-1315 Pilates Karen	17 0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
20 0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	21 1130-1215 Deep Stretch Karen 1215-1300 HIIT Karen	22 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	23 0630-0730 Power Cycle Judy	24 0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
27 0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	28 0630-0730 Power Cycle Judy 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	29 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	30 0630-0730 Power Cycle Judy 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	31 0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick

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