


<span style="font-size: 2em; font-weight: bold;">July 2017</span> <span style="font-size: 2em; font-weight: bold; margin-left: 20px;">Group Fitness &amp; RPM-LAC Alexandria</span>						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
	<b>Instructors are subject to change!</b>					9:00am BODYPUMP-Leslie
<b>2</b>	<b>3 Club hours: 4:30a-8p</b>	<b>4 Club Closed</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-NO CLASS 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-NO CLASS 5:30pm RPM-NO CLASS		5:00am Cut Up-Mitzi 5:15am BODYPUMP-Linda 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie	5:00am RPM- John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm BODYPUMP-Linda	9:00am BODYPUMP-Linda
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15 RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie	5:00am RPM- John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm PUMP-Krystal	9:00am PUMP-Krystal
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15 RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie	5:00am RPM- John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM- Lydia 5:30pm PUMP-Krystal	9:00am BODYPUMP-Linda
<b>23/30</b>	<b>24/31</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie/staff 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie/staff 5:30pm RPM-Lydia	5:15 RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie	5:00am RPM- John 5:30pm Burn-Krystal 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm BODYPUMP-Linda	9:00am PUMP-Krystal