

STAFF HOURS:		CLUB FITNESS July 2020			CHILDCARE HOURS	
Mon-Thu 8:00am-8:00pm						
Fri- 8:00 am-5:00 pm						
Sat- 8:00 am-1:00 pm						
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 AM	CARDIO, TONING, ABS	LES MILLS BODYPUMP	LES MILLS BODYSTEP CLASSIC	Tone Loco	step GROUP	LES MILLS BODYFLOW
	Ashley	Virtual	Jessica	Kandy	Jo	Virtual
9:00 AM						
		Party Spin - Paula	Chelsea - Party Spin	Party Spin - Paula		Cindy F.
9:30 AM	LES MILLS BODYPUMP	LES MILLS BODYFLOW	Tone Loco	Flow Motion	POWER PUMP	
	Virtual	Virtual	Kandy	Kandy	Cindy S	
10:00 AM						Boot Camp
						Cindy S.
10:30 AM			Flow Motion			
			Kandy			
11:00 AM					LES MILLS BODYPUMP	
					Virtual- 30 Min	Tammy/Melissa
11:30 AM		LES MILLS BODYCOMBAT	LES MILLS SH'BAM®	LES MILLS CXWORX		
		Virtual	Virtual	Virtual		
12:15 PM		LES MILLS BODYPUMP		LES MILLS BODYPUMP		
		Virtual	Tammy & Melissa	Virtual	Cindy F	
4:30 PM		Tone Loco	LES MILLS BODYSTEP CLASSIC	INTERVELOCITY		
	Tammy/Melissa	Kandy	Jo	Kandy		
5:30 PM	POWER PUMP	Butts & Gutts	POWER PUMP	Boot Camp		
	Cindy S.	Kandy	Cindy S.	Cindy S.		
						
	Cindy C.	Party Spin - Paula	Cindy C.	Party Spin - Paula		
6:30 PM	LES MILLS BODYFLOW	LES MILLS CXWORX	LES MILLS barre	LES MILLS SH'BAM®		
	Virtual	Virtual	Virtual	Virtual		