

FOURTH OF JULY SCHEDULE

SATURDAY, JULY 4

CLUB 6:00AM – 5:00PM
TENNIS 7:00AM – 5:00PM
KIDS' CLUB/YAC 8:00AM – 1:00PM

8:00-8:55AM	Mat Pilates	Christina	Studio 2
8:00-9:00AM	Power Flow	Tonya	Jade
8:30-9:15AM	H.I.I.T	Geraldine	Studio 1
8:30-9:30AM	Barre	Sydney	Opal
9:00-9:45AM	Fusion Ride	Linda G	Cycling
9:20-9:50AM	LM CORE	Geraldine	Studio 1
9:30-10:30AM	Yoga Sculpt	Brooke	Studio 2
9:30-10:30AM	Align and Flow	Tonya	Jade
10:00-10:45AM	LM BODYSTEP	Andrea	Studio 1
10:00-11:00AM	Barre	Sydney	Opal
10:45-11:30AM	Rebound 45	Kass	Studio 2
10:45-11:45AM	LM BODYPUMP	Andrea	Studio 1
11:05AM-12:05PM	Yin	Bethana	Jade
11:30AM-12:30PM	Barre	Hayley	Opal
12:00-12:55PM	Total Body Strength	Geraldine	Studio 1
12:30-1:30PM	SculptXV	Hayley	Studio 2

HEATED CLASS \$ INDICATES PAID PROGRAMMING