

JULY



2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 0600 Power Hour* 0830 Seymour Muscle* 1130 YOGA	3 0830 SEYMOUR MUSCLE* 1130 Power Hour* 1800 YOGA	4 4th July Holiday	5	6
7	8	9 0600 Power Hour* 0830 Seymour Muscle* 1130 YOGA	10 1130 Power Hour* 1800 YOGA	11 0830 Seymour Muscle* 1130 ZUMBA	12	13
14	15	16 0600 Power Hour* 0830 SEYMOUR MUSCLE* 1130 YOGA	17 1800 YOGA	18 0830 Seymour Muscle* 1000 Power Hour* 1130 ZUMBA	19	20
21	22	23 0600 Power Hour* 0830 SEYMOUR MUSCLE* 1130 YOGA	24 1130 Power Hour* 1800 YOGA	25 0800 Seymour Muscle* 1130 ZUMBA	26	27
28	29	30 0600 Power Hour* 0830 SEYMOUR MUSCLE* 1130 YOGA	31 1130 Power Hour* 1800 YOGA			

*FITNESS IMPROVEMENT(FIP) CLASS