



# JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 <b>9:15 – Zumba</b>	3 <b>9:15 – Walking Club</b>	4 <b>9:15 - Posture</b>	5 <b>9:15 - Sit Down Tone Up</b>	6
7	8 <b>9:15 – Sit Down and Tone Up</b>	9 <b>9:15 – Zumba</b>	10 <b>9:15 – Walking Club</b>	11 <b>9:15 - Posture</b>	12 <b>9:15 - Sit Down Tone Up</b>	13
14	15 <b>9:15 – Sit Down and Tone Up</b>	16 <b>9:15 – Zumba</b>	17 <b>9:15 – Walking Club</b>	18 <b>9:15 - Posture</b>	19 <b>9:15 - Sit Down Tone Up</b>	20
21 <b>9:15 – Zumba</b>	24 <b>9:15 - Sit Down and Tone Up</b>	25	26 <b>9:15 – Walking Club</b>	27 <b>9:15 - Posture</b>	28 <b>9:15 - Sit Down Tone Up</b>	29
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