



BENEFITNESS

July 2024 Class Schedule

*Indicates Co-Ed/Gender Neutral Class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:15-7:15am *Spin & Core Claire			
10:00-10:30am Spin Express CC	9:00-10:00am Yoga Flow Ines	9:30-10:30am *Flex Lucia			8:45-9:30am Spin Ellen	9:30-10:15am Zumba Gold Xiomara
10:30-11:30am Power & Grace CC	10:00-11:00am Lite Cardio & Balance Kelly	10:30-11:15am Nia Janice	9:30-10:30am *Power & Grace Laura N.		9:30-10:15am Balletone Kathleen	10:30-11:30am Restorative Yoga Laura N.
5:30-6:15pm *Flex Claire		5:30-6:15pm *Spin Viuu		10:30-11:30am *Yoga Flow Ines	10:30-11:00am *Cardio Core CC	
6:00-6:45pm *Spin Laura A.	5:45-6:30pm Barre Kathleen	5:30-5:45pm *All Core CC			11:00-11:45am *Flex CC	
6:15-6:30pm *All Core Claire		5:45-6:30pm *Step & Kick CC				
6:30-7:15pm Zumba Michelle	7:00-7:45pm *Zumba Sylver	6:30-7:30pm TRX CC	6:30-7:15pm *Zumba Xiomara			
7:30-8:30pm Total Body Pilates Laura N		7:30-8:30pm *Pilates with Props Laura N.	7:35-8:30pm *Yin Yoga Ines			*Schedule subject to change *Refer to website for up-to-date schedule!