

THE FOLLOWING SCHEDULE STARTS ON MONDAY JULY 4TH  
I WILL BE GONE MONDAY JUNE 11TH AND JULY 16TH-23RD

	MON	WED	THURS
830AM WOMEN	SURPRISE WORKOUT	INTERVAL	INTERVAL
930AM MOM and BABES	XXXXX	INTERVAL	XXXXX
630PM CO-ED	BOOTCAMP	BOOTCAMP	BOOTCAMP