



July Schedule

1525 Wilmington Dr.
DuPont, WA 98327
(253) 964-2490

*Classes may Change or Cancel due to Illness of Instructors

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			<p>1 9:30amSpin(Susan)</p> <p>6:00pm Spin (Taelene) 7:00pmZumba toning (Krishelle)</p>	<p>2 5:00pm-7:00pm Leased Out Tae Kwon Do</p>	<p>3 9:00am Spin (Bill)</p> <p>10:00am-2:00pm Leased Out Tae Kwon Do</p>
<p>5 5:00pmYoga(Melanie) 6:30pm kickboxing (Lindsey)</p>	<p>6 6:00pmSpin(Susan) 7:00pmZumba (Krishelle)</p>	<p>7 9:15amSpin (Susan)</p> <p>5:00pmYoga(Melanie) 6:30pmkickboxing (Lindsey)</p>	<p>8 9:30amSpin(Susan)</p> <p>6:00pm Spin (Taelene) 7:00pmZumba toning (Krishelle)</p>	<p>9 5:00pm-7:00pm Leased Out Tae Kwon Do</p>	<p>10 9:00amSpin (Bill)</p> <p>10:00am-2:00pm Leased Out Tae Kwon Do</p>
<p>12 5:00pmYoga(Melanie) 6:30pmKickboxing (Lindsey)</p>	<p>13 6:00pmSpin(Sharmin) 7:00pmZumba (krishelle)</p>	<p>14 9:15amSpin(Sharon)</p> <p>5:00pmYoga(Melanie) 6:30pmkickboxing (Lindsey)</p>	<p>15 9:30amSpin(Bill)</p> <p>6:00pm Spin (Taelene) 7:00pmZumba toning (Krishelle)</p>	<p>16 9:00amPilates(Sharon)</p> <p>5:00pm-7:00pm Leased Out Tae Kwon Do</p>	<p>17 9:00amSpin (Sharon)</p> <p>10:00am-2:00pm Leased Out Tae Kwon Do</p>
<p>19 5:00pmYoga(Melanie) 6:30pmKickboxing (Lindsey)</p>	<p>20 9:30amPilates (Sharon)</p> <p>6:00pmSpin(Sharmin) 7:00pmZumba (Krishelle)</p>	<p>21 9:15amSpin(Sharon)</p> <p>5:00pmYoga(Melanie) 6:30pmkickboxing (Lindsey)</p>	<p>22 9:30amSpin(Bill)</p> <p>6:00pm Spin (Taelene) 7:00pmZumba toning (Krishelle)</p>	<p>23 9:00amPilates(Sharon)</p> <p>5:00pm-7:00pm Leased Out Tae Kwon Do</p>	<p>24 9:00amSpin (Sharon)</p> <p>10:00am-2:00pm Leased Out Tae Kwon Do</p>
<p>26 5:00pmYoga(Melanie) 6:30pmKickboxing (Lindsey)</p>	<p>27 9:30amPilates (Sharon)</p> <p>6:00pmSpin(Sharmin) 7:00pmZumba (Krishelle)</p>	<p>28 9:15amSpin(Sharon)</p> <p>5:00pmYoga(Melanie) 6:30pmkickboxing (Lindsey)</p>	<p>29 9:30amSpin(Bill)</p> <p>6:00pm Spin (Taelene) 7:00pmZumba toning (Krishelle)</p>	<p>30 9:00amPilates(Sharon)</p> <p>5:00pm-7:00pm Leased Out Tae Kwon Do</p>	<p>31 9:00amSpin (Sharon)</p> <p>10:00am-2:00pm Leased Out Tae Kwon Do</p>