

SUMMER FIT CAMP: JULY 22 - AUGUST 11, 2018

COACH fitness

	Sunday July 22 July 29 August 5	Monday July 23 July 30 August 6	Tuesday July 24 July 31 August 7	Wednesday July 25 August 1 August 8	Thursday July 26 August 2 August 9	Friday July 27 August 3 August 10	Saturday July 28 August 4 August 11
5:30AM		PIL. REFORMER II (5:00am) Deidra		PIL. REFORMER ADV. Katie			
6:00AM		PIL. REFORMER II Deidra					
7:00AM				BARRE-LATES Katie		PIL. REFORMER II Katie	KETTLE-LATES (8:00AM) Katie
8:00AM		PIL. REFORMER ADV. Katie			PIL. REFORMER II Deidra	TOWER OF POWER Katie	PIL. REFORMER II (9:00AM) Katie
10:00AM		PIL. REFORMER II (10:15AM) Katie	PIL. REFORMER II Deidra		PIL. REFORMER II (10:30AM) Deidra		
11:00AM			GLIDE FIT CARDIO WAVE Patty (no class 8/7)	GLIDE FIT CARDIO WAVE Patty (no class 8/8)	GLIDE FIT CARDIO WAVE (12:00PM) Patty (no class 8/9)		
5:00PM				PIL. REFORMER II Deidra			
5:00PM		PIL. REFORMER II (6:00PM) Deidra	PIL. REFORMER ADV. Katie	GLIDE FIT CARDIO WAVE Patty (no class 8/8)	\$16 per FitCamp Class (members) \$21 per FitCamp Class (non-members)		
6:00PM		F.I.S.T. Bobbie (no class 8/6)	PIL. REFORMER II Krystle	PIL. REFORMER II Deidra			
7:00PM		PIL. REFORMER ADV. Deidra	PIL. REFORMER I Krystle	PIL. REFORMER I Deidra	PIL. REFORMER ADV. Katie		
7:00PM				GLIDE FIT CARDIO WAVE Patty (no class 8/8)			