

# Group Fitness LAUNCH

NEW Moves! NEW Music!  
Giveaways and more...

## Monday, July 15

4:30pm	Cycle <b>NON-LAUNCH</b>
5:30pm	RPM Express
6:00pm	TONE Express
6:30pm	BODYJAM Express
7:00pm	SHBAM Express
7:30pm	Yogalates <b>NON-LAUNCH</b>

## Tuesday, July 16

9:15am	RPM <b>NON-LAUNCH</b>	4:30pm	BODYFLOW <b>NON-LAUNCH</b>
10:15am	BODYFLOW Express	5:30pm	BODYATTACK Express
10:45am	CXWORX Launch	6:00pm	BODYSTEP Express
11:15am	BODYCOMBAT Express	6:30pm	BODYPUMP Express
12:00pm	CXWORX <b>NON-LAUNCH</b>	7:00pm	CXWORX Launch
		7:30pm	Yoga <b>NON-LAUNCH</b>