



Group Fitness LAUNCH

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

Monda, July 15

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

Tuesday, July 16

9:15am	RPM NON-LAUNCH	4:30pm	BODYFLOW NON-LAUNCH
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 NON-LAUNCH	7:00pm	CXWORX Launch
		7:30pm	Yoga NON-LAUNCH