

\*All classes, times, and instructors subject to change and/or cancellation.\*

JULY 2018 ROTATION SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 <b>LES MILLS GRIT</b> PLYO 7:00AM -Sam	3	4 <b>LES MILLS GRIT</b> STRENGTH 5:15PM - Ana M.	5	6 <b>LES MILLS GRIT</b> CARDIO 5:15PM - Fin	7	8
9 <b>LES MILLS GRIT</b> STRENGTH 7:00AM -Sam	10	11 <b>LES MILLS GRIT</b> CARDIO 5:15PM - Ana M.	12	13 <b>LES MILLS GRIT</b> PLYO 5:15PM - Fin	14	15
16 <b>LES MILLS GRIT</b> CARDIO 7:00AM -Sam	17	18 <b>LES MILLS GRIT</b> PLYO 5:15PM - Ana M.	19	20 <b>LES MILLS GRIT</b> STRENGTH 5:15PM - Fin	21	22
23 <b>LES MILLS GRIT</b> PLYO 7:00AM -Sam	24	25 <b>LES MILLS GRIT</b> STRENGTH 5:15PM - Ana M.	26	27 <b>LES MILLS GRIT</b> CARDIO 5:15PM - Fin 5:15PM - Fin	28	29
30 <b>LES MILLS GRIT</b> STRENGTH 7:00AM -Sam	31					