

07

JULY

2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 6PM: COMMIT DANCE FITNESS-BRE	2 6PM: ZUMBA/COMMIT DANCE FITNESS- ALEX	3 6PM: COMMIT DANCE FITNESS- ALEX (SUBBING FOR BRE)	4 HAPPY 4 TH OF JULY 	5 9AM: CYCLING- ANNEMARIE 9AM: FITNESS BOOTCAMP (TURF) 11AM: FITNESS BOOTCAMP 1PM: KIDS CLUB	6 10AM: FITNESS BOOTCAMP 1PM: KIDS CLUB
7 9AM: BOOTY BOOTCAMP- ANNEMARIE 6PM: COMMIT DANCE FITNESS- ALEX & TESA	8 6PM: COMMIT DANCE FITNESS-BRE	9 6PM: ZUMBA/COMMIT DANCE FITNESS- ALEX	10 6PM: COMMIT DANCE FITNESS-BRE	11	12 9AM: CYCLING- ANNEMARIE 9AM: FITNESS BOOTCAMP (TURF) 11AM: FITNESS BOOTCAMP 1PM: KIDS CLUB	13 10AM: FITNESS BOOTCAMP 1PM: KIDS CLUB
14 9AM: BOOTY BOOTCAMP- ANNEMARIE 6PM: COMMIT DANCE FITNESS- ALEX & TESA	15 6PM: COMMIT DANCE FITNESS-BRE	16 6PM: ZUMBA/COMMIT DANCE FITNESS- ALEX	17 6PM: COMMIT DANCE FITNESS-BRE	18	19 9AM: CYCLING- ANNEMARIE 9AM: FITNESS BOOTCAMP (TURF) 11AM: FITNESS BOOTCAMP 1PM: KIDS CLUB	20 10AM: FITNESS BOOTCAMP 1PM: KIDS CLUB
21 9AM: BOOTY BOOTCAMP- ANNEMARIE 6PM: COMMIT DANCE FITNESS- ALEX & TESA	22 6PM: COMMIT DANCE FITNESS- BRE  (BIRTHDAY CLASS)	23 6PM: ZUMBA/COMMIT DANCE FITNESS- ALEX	24 6PM: COMMIT DANCE FITNESS-BRE	25	26 9AM: CYCLING- ANNEMARIE 9AM: FITNESS BOOTCAMP (TURF) 11AM: FITNESS BOOTCAMP 1PM: KIDS CLUB	27 10AM: FITNESS BOOTCAMP 1PM: KIDS CLUB
28 9AM: BOOTY BOOTCAMP- ANNEMARIE 6PM: COMMIT DANCE FITNESS- ALEX & TESA	29 6PM: COMMIT DANCE FITNESS-BRE	30 6PM: ZUMBA/COMMIT DANCE FITNESS- ALEX	31 6PM: COMMIT DANCE FITNESS-BRE			