

# July 2010 Group Exercise Schedule

**Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat**

				<i>1</i> 6:00am Cycle 8:00am Yoga 9:00am Trekking 9:05am Pilates <b>5:30pm Karate</b> 6:15pm Pilates 6:00pm Cycle 7:15pm CardioKB <b>7:00pm Drop In Small Group-A</b>	<i>2</i> 6:00am Kickbox 8:30am 20/20/20 9:30am Cycle	<i>3</i> 8:00am Cardio Tennis 8:30am Circuit 8:30am Cycle 8:45am Waterworks 10:00am Yoga
<i>4</i> 8:30am Cardio Dance 8:30am Cycle 10:00am Mat Power Pilates	<i>5</i> 6:00am Kickbox 8:30am CardioScplt 9:00am Kickbox 9:30am Cycle <b>5:30pm Karate</b> 6:00pm Waterworks 6:00pm Prime Cuts 7:00pm Hatha Yoga	<i>6</i> 6:00am Cycle 8:00am Yoga 9:05am Pilates 9:00am Trekking 6:00pm Cycle 6:15pm Pilates 7:15pm CardioKB <b>6:30pm Drop In Small Group-A</b>	<i>7</i> 6:00am Body Rock 8:45am Cardio/Sculpt 9:00am Circuit FC 9:45am Zumba 6:00pm Waterworks 6:00pm Kickbox 7:00pm Hatha Yoga	<i>8</i> 6:00am Cycle 8:00am Yoga 9:00am Trekking 9:05am Pilates <b>5:30pm Karate</b> 6:15pm Pilates 6:00pm Cycle 7:15pm CardioKB <b>7:00pm Drop In Small Group-A</b>	<i>9</i> 6:00am Kickbox 8:30am 20/20/20 9:30am Cycle	<i>10</i> 8:00am Cardio Tennis 8:30am Circuit 8:30am Cycle 8:45am Waterworks 10:00am Yoga
<i>11</i> 8:30am Cardio Dance 8:30am Cycle 10:00am Mat Power Pilates	<i>12</i> 6:00am Kickbox 8:30am CardioScplt 9:00am Kickbox 9:30am Cycle <b>5:30pm Karate</b> 6:00pm Waterworks 6:00pm Prime Cuts 7:00pm Hatha Yoga	<i>13</i> 6:00am Cycle 8:00am Yoga 9:05am Pilates 9:00am Trekking 6:00pm Cycle 6:15pm Pilates 7:15pm CardioKB <b>6:30pm Drop In Small Group-A</b>	<i>14</i> 6:00am Body Rock 8:45am Cardio/Sculpt 9:00am Circuit FC 9:45am Zumba 6:00pm Waterworks 6:00pm Kickbox 7:00pm Hatha Yoga	<i>15</i> 6:00am Cycle 8:00am Yoga 9:00am Trekking 9:05am Pilates <b>5:30pm Karate</b> 6:15pm Pilates 6:00pm Cycle 7:15pm CardioKB <b>7:00pm Drop In Small Group-A</b>	<i>16</i> 6:00am Kickbox 8:30am 20/20/20 9:30am Cycle	<i>17</i> 8:00am Cardio Tennis 8:30am Circuit 8:30am Cycle 8:45am Waterworks 10:00am Yoga
<i>18</i> 8:30am Cardio Dance 8:30am Cycle 10:00am Mat Power Pilates	<i>19</i> 6:00am Kickbox 8:30am CardioScplt 9:00am Kickbox 9:30am Cycle <b>5:30pm Karate</b> 6:00pm Waterworks 6:00pm Prime Cuts 7:00pm Hatha Yoga	<i>20</i> 6:00am Cycle 8:00am Yoga 9:05am Pilates 9:00am Trekking 6:00pm Cycle 6:15pm Pilates 7:15pm CardioKB <b>6:30pm Drop In Small Group-A</b>	<i>21</i> 6:00am Body Rock 8:45am Cardio/Sculpt 9:00am Circuit FC 9:45am Zumba 6:00pm Waterworks 6:00pm Kickbox 7:00pm Hatha Yoga	<i>22</i> 6:00am Cycle 8:00am Yoga 9:00am Trekking 9:05am Pilates <b>5:30pm Karate</b> 6:15pm Pilates 6:00pm Cycle 7:15pm CardioKB <b>7:00pm Drop In Small Group-A</b>	<i>23</i> 6:00am Kickbox 8:30am 20/20/20 9:30am Cycle	<i>24</i> 8:00am Cardio Tennis 8:30am Circuit 8:30am Cycle 8:45am Waterworks 10:00am Yoga
<i>25</i> 8:30am Cardio Dance 8:30am Cycle 10:00am Mat Power Pilates	<i>26</i> 6:00am Kickbox 8:30am CardioScplt 9:00am Kickbox 9:30am Cycle <b>5:30pm Karate</b> 6:00pm Waterworks 6:00pm Prime Cuts 7:00pm Hatha Yoga	<i>27</i> 6:00am Cycle 8:00am Yoga 9:05am Pilates 9:00am Trekking 6:00pm Cycle 6:15pm Pilates 7:15pm CardioKB <b>6:30pm Drop In Small Group-A</b>	<i>28</i> 6:00am Body Rock 8:45am Cardio/Sculpt 9:00am Circuit FC 9:45am Zumba 6:00pm Waterworks 6:00pm Kickbox 7:00pm Hatha Yoga	<i>29</i> 6:00am Cycle 8:00am Yoga 9:00am Trekking 9:05am Pilates <b>5:30pm Karate</b> 6:15pm Pilates 6:00pm Cycle 7:15pm CardioKB <b>7:00pm Drop In Small Group-A</b>	<i>30</i> 6:00am Kickbox 8:30am 20/20/20 9:30am Cycle	<i>31</i> 8:00am Cardio Tennis 8:30am Circuit 8:30am Cycle 8:45am Waterworks 10:00am Yoga