

## 2020 JULY TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>8:00-8:45am</b> STRENGTH CONDITIONING</p>	<p><b>8:00-8:45am</b> AAA</p>	<p><b>7:00-7:45am</b> Outdoor Full Body Strength (8 People, Pre-registration Required)</p>	<p><b>8:00-8:45am</b> Outdoor Full Body Strength (8 People, Pre-registration Required)</p>		<p><b>8:30-9:00am</b> HIIT/CORE</p>	
					<p><b>9:00-9:30am</b> BAND BURN</p>	<p><b>9:00-10:00AM</b> PILATES</p>
<p><b>7:00-7:45pm</b> Outdoor Full Body Strength (8 People, Pre-registration Required)</p>		<p><b>10:00-10:45am</b> STRENGTH CONDITIONING</p>		<p><b>10:00-10:45am</b> BARRE BURN</p>		
<p><b>7:00-7:30PM</b> CORE BLAST</p>			<p><b>7:00-7:45PM</b> STRENGTH CONDITIONING</p>			
<p><b>7:30-8:00PM</b> CARDIO BLAST</p>			<p><b>7:45-8:15pm</b> HIIT</p>			