

# July 2023 Schedule

## 4th of July Hours

5am-12pm

Kid's Club 8:30am-11:30am

8:00AM DOCK

8:30AM XTREME BURN

9:00AM SOUL FUSION

9:30AM XTREME HIP HOP STEP

LesMills Launch 14/15/16

Olympia  
Fitness  
Clubs  
A SHORE STRONG  
COMPANY

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

<p>45' 8:45AM <b>LES MILLS BODYSTEP</b> Tracy CIM 24TH JILL 31st</p> <p>45' 9:45AM Pumped Up Strength Courtney</p> <p>45' 4:30PM <b>LES MILLS BODYPUMP</b> Nicole</p> <p>30' 5:30PM <b>LES MILLS BODYSTEP</b> Courtney Jill 17th, 24th</p> <p>45' 6:00PM <i>Kick &amp; Sculpt</i> Jerry No Class 17, 31st</p>	<p>55 5:30AM WTF (What's the Format) Nicole</p> <p>45' 8:00AM <i>Low Impact</i> Marybeth</p> <p>45' 4:30PM Pumped Up Strength Nicole</p> <p>45' 5:30/7:00PM XTREME HIP HOP Step Chris</p>	<p>45' 8:30AM SHRED Courtney</p> <p>9:00AM Pumped Up Strength Tracy Courtney 26th</p> <p>45' 4:45PM <b>LES MILLS BODYPUMP</b> Nicole</p> <p>55 5:35PM <i>BodyWorks</i> Jerry</p>	<p>55 5:30AM <b>LES MILLS BODYPUMP</b> Robby Ryan 27th</p> <p>45' 8:00AM <i>Cardio Fit</i> Tami</p> <p>30' 5:00PM <b>LES MILLS BODYSTEP</b> Courtney</p> <p>45' 5:45PM XTREME STEP 6th, 20th XTREME BURN 13th, 27th Chris</p> <p>45' 7:00PM XTREME HIP HOP Step Chris</p>	<p>30' 6:00AM Pumped Up Strength Nicole</p> <p>45' 8:45AM <b>LES MILLS BODYSTEP</b> Courtney</p> <p>45' 9:45AM <i>Pump &amp; Tone</i> Marybeth</p>	<p>55 8:30AM <b>LES MILLS BODYSTEP</b> Tracy 1st, 22nd Launch 15th Patrick 8th, 29th</p> <p>55 9:30AM <b>LES MILLS BODYPUMP</b> Robby 1st, 22nd Body Works 8th Launch 15th Ryan 29th</p>	<p>8:30AM ROTATION</p> <p>2nd BodyPump</p> <p>9th Xtreme Burn</p> <p>16th Endurance Ride (in Cycle studio)</p> <p>23rd Xtreme Burn</p> <p>30th Cycle (in Cycle studio)</p> <p>Studio One</p>
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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

<p>45' 5:30AM FUSION Donna Natalie 31st</p> <p>30' 12:30PM Cycle 30 Courtney</p> <p>45' 5:30PM Fusion Nicole</p>	<p>30' 5:30PM Cycle 30 Taylor</p>	<p>30' 5:30PM Theme Ride 5th TB Endurance Ride 12th NJ Fusion 19th TB Theme Ride 26th NJ</p>	<p>8:30AM Theme Ride 6th Endurance Ride 13th Fusion 20th Theme Ride 27th</p>	<p>30' 5:30AM Cycle 30 Nicole</p>	<p>45' 8:30AM FUSION Courtney 1st Nicole 8th, 22nd Natalie 15th, 29th</p>	<p>Cycling</p>
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MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

<p>45' 8:00AM <i>Gentle Yoga</i> Cinzia Courtney 3rd</p> <p>55 10:30AM <b>LES MILLS BODYFLOW</b> Tami Susan 17th, 31st</p>	<p>30' 8:30AM <b>TRX</b> Suspension Training Nadine Ryan 25th</p> <p>45' 9:00AM <i>Soul Fusion</i> Tami Susan 18th</p> <p>55 6:00PM <b>LES MILLS BODYFLOW</b> Susan</p>	<p>55 9:30AM <b>LES MILLS BODYFLOW</b> Betsy Susan 21st</p> <p>45' 4:45PM <i>Vinyasa</i> Courtney</p>	<p>55 5:30AM <b>LES MILLS BODYFLOW</b> Tabitha</p> <p>30' 5:30PM <b>LES MILLS BODYFLOW</b> Courtney</p>	<p>55 5:30AM <i>Shore Heat</i> Rosie 7th, 21st Courtney 14th Susan 28th</p> <p>45' 8:00AM <i>Gentle Yoga</i> Courtney</p>	<p>45' 9:30AM <i>Shore Heat</i> Courtney Susan 8th Alana 22nd</p>	<p>55 9:30AM <b>LES MILLS BODYFLOW</b> Susan Launch 16th Tami 2nd</p> <p>Shore Zen</p>
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<p>45' 5:30AM DOCK WORKOUT Nicole Taylor 3rd</p>	<p>45' 5:30PM DOCK WORKOUT Jerry Natalie 18th</p>	<p>45' 5:30AM DOCK WORKOUT Nicole</p>	<p>45' 5:30PM DOCK WORKOUT Jerry</p>	<p>45' 7:30AM DOCK WORKOUT Courtney 1st, 15th Nicole 8th, 22nd Natalie 29th</p>
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