

Mon	Tues	Wed	Thurs	Fri
5:30 am Body Sculpting/Spin Trisha	5:30 am Body Sculpting/Spin Trisha	1 5:30 am Body Sculpting/Spin Trisha	2 5:30 am Body Sculpting/Spin Trisha	3
6 5:30 am Body Sculpting/Spin Trisha	7 5:30am Body Sculpting/Spin Trisha	8 5:30 am Body Sculpting/Spin Trisha	9 5:30 am Body Sculpting/Spin Trisha	10
13	14	15	16	17
5:30 am Body	5:30 am Body	5:30 am Body	5:30 am Body	
Sculpting/Spin	Sculpting/Spin	Sculpting/Spin	Sculpting/Spin	
Trisha	Trisha	Trisha	Trisha	
20	21	22	23	24
5:30 am Body	5:30 am Body	5:30 am Body	5:30 am Body	
Sculpting/Spin	Sculpting/Spin	Sculpting/Spin	Sculpting/Spin	
Trisha	Trisha	Trisha	Trisha	
27	28	29	30	JULY 1
5:30 am Body	5:30 am Body	5:30 am Body	5:30 am Body	
Sculpting/Spin	Sculpting/Spin	Sculpting/Spin	Sculpting/Spin	
Trisha	Trisha	Trisha	Trisha	