

July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1 0900 Strength-SW Max 1730 HIIT-ZF Gun	2 0500 RIOT ZF-Gun 0600 Strength-SW Max 1100 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick ZF-Gun	3 1130 Cardio-KP Gun 1700 Turbokick-ZF Max 1800 Zumba-MB Max		5	6
7	8 0900 Strength-SW Max 1730 HIIT-ZF Gun	9 0500 RIOT ZF-Gun 0600 Strength-SW Max 1100 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick ZF-Gun	10 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick ZF-Max 1800 Zumba-MB Max	11 0500 RIOT ZF-Gun 0600 Strength-SW Max 1130 HIIT/Strength-KP Gun 1700 Spin-VM Max	12 1130 Line Dancing-KP Max	13
14	15 0900 Strength-SW Max 1730 HIIT-ZF Gun	16 0500 RIOT ZF-Gun 0600 Strength-SW Max 1100 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick ZF-Gun	17 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick ZF-Max 1800 Zumba-MB Max	18 0500 RIOT ZF-Gun 0600 Strength-SW Max 1130 HIIT/Strength-KP Gun 1700 Spin-VM Max	19 1130 Line Dancing-KP Max	20
21	22 0900 Strength-SW Max 1730 HIIT-ZF Gun	23 0500 RIOT ZF-Gun 0600 Strength-SW Max 1100 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick ZF-Gun	24 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick ZF-Max 1800 Zumba-MB Max	25 0500 RIOT ZF-Gun 0600 Strength-SW Max 1130 HIIT/Strength-KP Gun 1700 Spin-VM Max	26 1130 Line Dancing-KP Max	27
28	29 0900 Strength-SW Max 1730 HIIT-ZF Gun	30 0500 RIOT ZF-Gun 0600 Strength-SW Max 1100 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick ZF-Gun	31 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick ZF-Max 1800 Zumba-MB Max	1	2	3
4	5	<p><i>Notes</i> **FIP Classes**</p> <p>Instructors: SW Shelby; MB Michelle; RH Rebecca; ZF Zelva; VM Veronica; KP Kashina</p> <p>**Schedules can be found on www.lifeatthetmax.us**</p>				