

SEMIAHMOO HEALTH CLUB CALENDAR: JULY 2020

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
		TAUGHT BY MORGAN TAUGHT BY TRAYSI TAUGHT BY CAROL TAUGHT BY JAN				1 800 AM SUNRISE STRETCH (45MIN) 915 AM ZUMBA (60 MIN) 1115 AM TRIM AND TONE (60MIN)		2 1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM AEROBIC DANCE (60MIN) 100 PM FLOW YOGA (60MIN)		3 800 AM SUNRISE STRETCH (45Min) 915 AM HIIT (30MIN) 1000 AM TAI CHI (60 MIN) 1115 AM TRIM AND TONE (60MIN)		4 800 AM MEDITATION (30MIN) 830 AM SUNRISE YOGA (60MIN) 1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM YIN YOGA (60 MIN) 100 PM HIIT (30 MIN)	
5	800 AM MEDITATION (30MIN)	6	800 AM SUNRISE STRETCH (45MIN) 915 AM ZUMBA (60 MIN) 1115 AM TRIM AND TONE (60MIN)	7	1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM AEROBIC DANCE (60MIN) 100 PM FLOW YOGA (60MIN)	8	800 AM SUNRISE STRETCH (45MIN) 915 AM ZUMBA (60 MIN) 1115 AM TRIM AND TONE (60MIN)	9	1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM AEROBIC DANCE (60MIN) 100 PM FLOW YOGA (60MIN)	10	800 AM SUNRISE STRETCH (45Min) 915 AM HIIT (30MIN) 1000 AM TAI CHI (60 MIN) 1115 AM TRIM AND TONE (60MIN)	11	800 AM MEDITATION (30MIN) 830 AM SUNRISE YOGA (60MIN) 1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM YIN YOGA (60 MIN) 100 PM HIIT (30 MIN)
12	800 AM MEDITATION (30MIN)	13	800 AM SUNRISE STRETCH (45MIN) 915 AM ZUMBA (60 MIN) 1115 AM TRIM AND TONE (60MIN)	14	1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM AEROBIC DANCE (60MIN) 100 PM FLOW YOGA (60MIN)	15	800 AM SUNRISE STRETCH (45MIN) 915 AM ZUMBA (60 MIN) 1115 AM TRIM AND TONE (60MIN)	16	1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM AEROBIC DANCE (60MIN) 100 PM FLOW YOGA (60MIN)	17	800 AM SUNRISE STRETCH (45Min) 915 AM HIIT (30MIN) 1000 AM TAI CHI (60 MIN) 1115 AM TRIM AND TONE (60MIN)	18	800 AM MEDITATION (30MIN) 830 AM SUNRISE YOGA (60MIN) 1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM YIN YOGA (60 MIN) 100 PM HIIT (30 MIN)
19	800 AM MEDITATION (30MIN)	20	800 AM SUNRISE STRETCH (45MIN) 915 AM ZUMBA (60 MIN) 1115 AM TRIM AND TONE (60MIN)	21	1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM AEROBIC DANCE (60MIN) 100 PM FLOW YOGA (60MIN)	22	800 AM SUNRISE STRETCH (45MIN) 915 AM ZUMBA (60 MIN) 1115 AM TRIM AND TONE (60MIN)	23	1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM AEROBIC DANCE (60MIN) 100 PM FLOW YOGA (60MIN)	24	800 AM SUNRISE STRETCH (45Min) 915 AM HIIT (30MIN) 1000 AM TAI CHI (60 MIN) 1115 AM TRIM AND TONE (60MIN)	25	800 AM MEDITATION (30MIN) 830 AM SUNRISE YOGA (60MIN) 1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM YIN YOGA (60 MIN) 100 PM HIIT (30 MIN)
26	800 AM MEDITATION (30MIN)	27	800 AM SUNRISE STRETCH (45MIN) 915 AM ZUMBA (60 MIN) 1115 AM TRIM AND TONE (60MIN)	28	1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM AEROBIC DANCE (60MIN) 100 PM FLOW YOGA (60MIN)	29	800 AM SUNRISE STRETCH (45MIN) 915 AM ZUMBA (60 MIN) 1115 AM TRIM AND TONE (60MIN)	30	1000 AM TOTAL BODY FITNESS (60MIN) 1130 AM AEROBIC DANCE (60MIN) 100 PM FLOW YOGA (60MIN)	31	800 AM SUNRISE STRETCH (45Min) 915 AM HIIT (30MIN) 1000 AM TAI CHI (60 MIN) 1115 AM TRIM AND TONE (60MIN)		