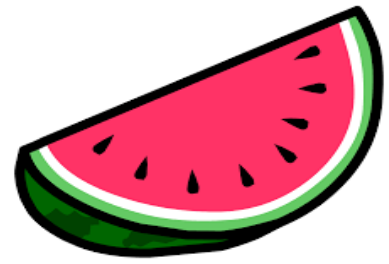


July 2017 CYCLE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> 8:15 AM (60) -KW
<i>2</i>	<i>3</i> 6:30 AM (45) -AO 9:15 AM (30)- SB 5:00 PM (30) - DP 6:15 PM (45) - AO	<i>4</i> Club Open 8am-2pm 8:15 AM Cycle (30) 9:00AM P90X *1 year anniversary* Come Celebrate with us!	<i>5</i> 6:30 AM (45) -DP 9:15 AM (30) -DP 5:00 PM (30) -DP 6:15 PM (45) - AO	<i>6</i> 6:30 AM (45) -DP 9:15 AM (30) -SB 5:00 PM (30) -AP	<i>7</i> 9:15 AM (30) -DP	<i>8</i> 8:15 AM (60) -DP
<i>9</i>	<i>10</i> 6:30 AM (45) -AO 9:15 AM (30)- SB 5:00 PM (30) - DP 6:15 PM (45) - AO	<i>11</i> 6:30 AM (45) -AO 9:15 AM (30) -CF 5:00 PM (30) -DP	<i>12</i> 6:30 AM (45) -DP 9:15 AM (30) -DP 5:00 PM (30) -DP 6:15 PM (45) - AO	<i>13</i> 6:30 AM (45) -DP 9:15 AM (30) -SB 5:00 PM (30) -AP	<i>14</i> 9:15 AM (30) -DP	<i>15</i> 8:15 AM (60) -AO
<i>16</i>	<i>17</i> 6:30 AM (45) -AO 9:15 AM (30)- SB 5:00 PM (30) - DP 6:15 PM (45) - AO	<i>18</i> 6:30 AM (45) -AO 9:15 AM (30) -SB 5:00 PM (30) -DP	<i>19</i> 6:30 AM (45) -DP 9:15 AM (30) -DP 5:00 PM (30) -DP 6:15 PM (45) - AO	<i>20</i> 6:30 AM (45) -DP 9:15 AM (30) -CM 5:00 PM (30) -AP	<i>21</i> 9:15 AM (30) -DP	<i>22</i> 8:15 AM (60) -KW
<i>23</i>	<i>24</i> 6:30 AM (45) - KS 9:15 AM (30)- SB 5:00 PM (30) - DP 6:15 PM (45) - KS	<i>25</i> 6:30 AM (45) -KS 9:15 AM (30) -CF 5:00 PM (30) -DP	<i>26</i> 6:30 AM (45) -DP 9:15 AM (30) -DP 5:00 PM (30) -DP <u>NO 6:15PM CYCLE</u>	<i>27</i> 6:30 AM (45) -DP 9:15 AM (30) -SB 5:00 PM (30) -DP	<i>28</i> 9:15 AM (30) -DP	<i>29</i> 8:15 AM (60) -KW
<i>30</i>	<i>31</i> 6:30 AM (45) -AO 9:15 AM (30)- SB 5:00 PM (30) - DP 6:15 PM (45) - AO					