

**July- Basketball Gym Schedule**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	<b>2</b> 8:00a-9:15a: Strength 11:15a-12:30p: Rock Steady 5:30-6:30p- HITT	<b>3</b> 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs	<b>4</b> NO CLASSES
<b>5</b>	<b>6</b> 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	<b>7</b> 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:30-6:30p- HITT 6:30- 9:30p - Basketaball	<b>8</b> 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	<b>9</b> 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:30-6:30p- HITT 6:30- 9:30p - Basketaball	<b>10</b> 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs 5:00p - 9:00p: Basketball	<b>11</b> 9:15a - 10:15a: Pilates 1pm - 4:00pm: Pickleball
<b>12</b>	<b>13</b> 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	<b>14</b> 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:30-6:30p- HITT 6:30- 9:30p - Basketaball	<b>15</b> 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	<b>16</b> 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:30-6:30p- HITT 6:30- 9:30p - Basketaball	<b>17</b> 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs 5:00p - 9:00p: Basketball	<b>18</b> 9:15a - 10:15a: Pilates
<b>19</b>	<b>20</b> 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	<b>21</b> 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:30-6:30p- HITT 6:30- 9:30p - Basketaball	<b>22</b> 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	<b>23</b> 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:30-6:30p- HITT 6:30- 9:30p - Basketaball	<b>24</b> 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs 5:00p - 9:00p: Basketball	<b>25</b> 9:15a - 10:15a: Pilates 1:00p - 4:00p: Pickleball
<b>26</b>	<b>27</b> 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	<b>28</b> 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:30-6:30p- HITT 6:30- 9:30p - Basketaball	<b>29</b> 9:00a-10:15a: Pilates 11:00a-11:45a: Strength 12p-12:30p: HIIT Express 12:30p-12:45p: Abs 1:15p-2:30p: Rock Steady 5:15p-6:30p: Pilates 6:30p-9:30p: Pickleball	<b>30</b> 8:00a-9:15a: Barre 11:15a-12:30p: Rock Steady 5:30-6:30p- HITT 6:30- 9:30p - Basketaball	<b>31</b> 11:45a-12:30p: HIIT Express 12:30p-12:45p: Abs 5:00p - 9:00p: Basketball	