



FRED SMITH COMPANY

SPORTS CLUB

July Aerobics 2021

LionsGate Athletic Club

Bolded Classes indicate a new class, new class time or new instructor!!!

Mon	Tue	Wed	Thu	Fri	Sat
			1 5:15 TABATA-Dori	2 5:15 Butts & Guts-Dori	3 8:30 Bootcamp-Dawn
5 5:15 Bootcamp-Dawn	6 5:15 Butts & Guts-Dawn	7 5:15 Bootcamp-Dawn	8 5:15 TABATA-Dori	9 5:15 Bootcamp-Dori	10 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn		6:15 Bootcamp-Dawn			
12 5:15 Bootcamp-Dori	13 5:15 Butts & Guts-Dori	14 5:15 Bootcamp-Dori	15 5:15 TABATA-Dori	16 5:15 Bootcamp-Dori	17 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn		6:15 Bootcamp-Dawn			
19 5:15 Bootcamp-Dori	20 5:15 Butts & Guts-Dori	21 5:15 Bootcamp-Dori	22 5:15 TABATA-Dori	23 5:15 Bootcamp-Dori	24 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn		6:15 Bootcamp-Dawn			
26 5:15 Bootcamp-Dori	27 5:15 Butts & Guts-Dori	28 5:15 Bootcamp-Dori	29 5:15 TABATA-Dori	30 5:15 Bootcamp-Dori	31 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn		6:15 Bootcamp-Dawn			
		** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **			