



## **FIT Class Schedule for July**

**Beginning the week of the 11<sup>th</sup>**

**Tuesday-**

**8am Cathy- Group FIT**

**6pm Noah- Group FIT**

**Wednesday**

**9a-Katherine Yoga FIT**

**Thursday**

**8am Cathy- Group FIT**

**6pm Noah- Group FIT**

**Saturday**

**9a Mike Miller- Group FIT**

**10.30a-Katherine Yoga FIT**

**\*If you have a group of 4 or more people that would like a different time that meets your schedule needs, please let us know and we can accommodate you to the best of our ability!\***