

STUDIO ENERGY SCHEDULE - VA BEACH BLVD



JULY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	BODYPUMP 5:15am - Kathy	BODYSTEPATHLETIC 5:15am - Jackie L.	BODYPUMP 6:00am - Vicki	BODYPUMP 5:15am - Anthony	BODYATTACK 5:15am - Angela		
	BODYPUMP 8:00am - Stephanie				CXWORX 8:00am - Becky	BODYATTACK 8:00am - Angela / Jen	
	BODYSTEPATHLETIC 9:15am - Leanne	TONE 9:15am - Anthony	BODYPUMP 9:15am - Leanne	TURBOKICK 9:15am - Leanne	BODYATTACK EXPRESS 8:30am - Becky	BODYPUMP 9:15am - Tracy	TONE 9:30am - Debbie
	BODYPUMP 10:30am - Arlene	TABATA 10:30am - Karen	FOREVER STRONG 10:30am - Beth	KETTLEBELL COND. 10:30am - Beth	BODYPUMP 9:15am - Sarah	ZUMBA 10:30am - Morgan	BODYPUMP 10:30am - Vicki
PM							BODYCOMBAT 11:45am - Jeremy
	BODYPUMP 12:30pm - Colleen		BODYPUMP 12:00pm - Kathy/Arlene				
							ZUMBA 4:00 pm- Flavel
	KETTLEBELL COND. 4:30pm - Beth	DANCE FUSION 4:30pm - Meghan	BODYPUMP 4:30pm - Lisa.				
	BODYPUMP 5:45pm - Avian	BODYPUMP 5:45pm - Danielle		HARDCORE 5:45pm - Rico	BODYPUMP 5:45pm - Larry		
	DAT-FITNESS 7:00pm - Ronnie/Eunia	BODYCOMBAT 7:00pm - Anna/Sara	DAT FITNESS 7:00pm - Eunia	ZUMBA 7:00pm - Morgan	BODYCOMBAT 7:00pm - Jeremy		

WHAT'S NEW

Wednesday 4:45pm Cycle
Friday 8:00am CXWORX
Friday 8:30am Bodyattack Express
Sunday 10:30am Sprint
Les Mills Launch Week - July 23rd!

CYCLE STUDIO **JULY**

	MON	TUES	WED	THUR	FRI	SAT	SUN
AM	INTERVAL 6:00am Darryl	RPM 6:00am Amy		INTERVAL 6:00am Darryl	INTERVAL 6:00am Lanis		
PM						INTERVAL 8:00am Carry	
	INTERVAL 9:15am John	CYCLE 9:15am Shona	INTERVAL 9:15am Jenny	PM 9:15am Sarah	INTERVAL 9:15am John	INTERVAL 9:15am Darryl	INTERVAL 9:15am Carry
					SPRINT 10:30am Sarah	SPRINT 10:30am Amy	SPRINT 10:30am Kristen
		INTERVAL 4:30pm Carry	CYCLE 4:45pm Jenny	RPM 4:30pm Earnest			
	RPM 6:00pm Amy	INTERVAL 6:30pm Darryl	SPRINT 6:00pm Amy	INTERVAL 6:00pm Carry	SPRINT 6:00pm Danielle		
			Please do not hold a bike by putting a towel or water bottle on it. You must be on the bike, otherwise the bike is considered open.				

MIND & BODY **JULY**

	MON	TUES	WED	THUR	FRI	SAT	SUN
AM		YIN YOGA 8:00am Eddie	PILATES 8:00am Ursula	YIN YOGA 8:00am Eddie	PILATES 8:00am Ursula		
	FOREVER STRONG 9:15am Jimmy	STRETCH & RESTORE 9:15am Karen	VINYASA FLOW YOGA 9:15am Karen		BARRE 9:15am Arlene		BARRE 9:15am Meghan/Alex
PM	CXWORX 10:30am Leanne		CXWORX 10:30am Arlene	BODYFLOW 10:30am Leanne	BODYFLOW 10:30am Arlene	BODYFLOW 10:30am Robert/Kathy	BODYFLOW 10:30am Debbie
		BODYFLOW 12:30pm Colleen		VINYASA FLOW YOGA 12:00pm (75m) Drea			
				POWER YOGA 4:30pm Cate	VINYASA FLOW YOGA 1:00pm Stacey		
		YOGA FUNDAMENTALS 4:30pm Eddie	YANG TO YIN YOGA 5:30pm Grady	PILATES 5:45pm Ursula			
	TONE 5:45pm Anthony	CXWORX 6:15pm Stephanie					
	VINYASA FLOW YOGA 7:00pm Cate	BODYFLOW 7:00pm Alan	BARREONE 7:00pm Gladys/Meghan	VINYASA FLOW YOGA 7:00pm Allison			

AQUATICS CENTER



JULY

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
AM	ATHLETIC AQUA 9:15am - Brian	ATHLETIC AQUA 9:15am - Natalie		AQUA FIT 9:30am - Mary		ATHLETIC AQUA 9:15am - Cheryl	
PM							

POOL WILL BE OPEN EVERY DAY FOR
FREE SWIM WITH LAP LANES OPEN
AQUATICS CENTER WILL BE CLOSED
DURING THUNDER/LIGHTNING STORMS