

Cycle & Gravity Class Changes for Week of 7/25th – 7/31st.

TIME	MONDAY 26th	TUESDAY 27th	WEDNESDAY 28th	THURSDAY 29th	FRIDAY 30th	SATURDAY 31st	SUNDAY 25th
5:30 am	GravityGroup 30 min. Lisa All						
8:30 am					Fitness Cycle 55 min. Dorothy (TC) All <hr/>		
9:00 am	Cycle Training 55 min. Melissa (TC) II		Fitness Cycle 55 min. Erin (TC) III				

(7/21/10)