



# JULY SUB LIST

**MONDAYS 6:45 PM YOGA STRENGTH & STRETCH - ELIF ALBUZ**

**FRIDAYS 5:30 PM YOGA STRENGTH & STRETCH - ELIF ALBUZ**

**FRIDAY 7/5 9:45 AM PILATES SCULPT + - PATTY MC NULTY**

**FRIDAY 7/5 10:00 AM WATER FITNESS- HANNAH NULL**

**SUNDAY 7/7 9:45 AM PILATES SCULPT + - PATTY MC NULTY**

**FRIDAY 7/12 8:30 AM BARRE SCULPT - LISA ROPER**

**FRIDAY 7/12 10:00 AM WATER FITNESS- HANNAH NULL**

**MONDAY 7/15 10:00 AM WATER FITNESS- MAKIKO NIWA**

**TUESDAY 7/16 9:45 AM STRENGTH & STRETCH- LISA ROPER**

**WEDNESDAY 7/17 5:45 AM CYCLING - DOLORES MONTENEGRO**

**WEDNESDAY 7/17 8:30 AM BARRE SCULPT - LISA ROPER**

**WEDNESDAY 7/17 10:00 AM WATER FITNESS- MAKIKO NIWA**

**THURSDAY 7/18 9:45 AM STRENGTH & STRETCH- LISA ROPER**

