



July 2019

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3



4

5



6

Special Group Exercise Schedule for the 4th of July!

Holiday Club Hours
Club: 7:00am-3:00pm
Kids: 7:45am-11:45am

7

8



Launch 5:30am
&
5:30pm

9

10



Launch 5:30am & 8:15am
&
6:35pm

11



Launch 11:45am

12

FREE Sky Yoga
Level 1-2
Community Yoga
from 7:00-8:15pm
with Jingli

13



Launch 7:30am

14



Launch 9:40am

15

FREE Living with Diabetes
Support- Education
at 9am

16



17

LET'S MOVE!

18



Launch 5:30am



Launch 5:30am

20



Launch 8:35am



Launch 10:15am

21



Launch 9:05am

22



Launch 9:35am

23



Launch 5:30pm

24

25



Launch 10:40am

26

27

28

29



Launch 11:30am

30



Launch 5:30am

31



Launch 9:35am



Launch 5:30pm



SKY YOGA
LEARN · GROW · EVOLVE

**denotes fee-based class