

July

Fight Strong Grit Fit Trainer's Choice

			1	2	3	4
			5:00 am Frankie 8:30 am Katie 4:30 pm Kaylin 5:30 pm Kaylin	5:00 am Katie 8:30 am Kaylin 4:30 pm Jay 5:30 pm Jay	8:30 am Nichole 4:30 pm Frankie	8:30 am Frankie
5	6	7	8	9	10	11
No Classes	8:30 am Jay 4:30 pm Katie 5:30 pm Frankie	5:00 am Frankie 8:30 am Nichole 4:30 pm Jay 5:30 pm Ashley	5:00 am Katie 8:30 am Jay 4:30 pm Frankie 5:30 pm Danielle	5:00 am Frankie 8:30 am Kaylin 4:30 pm Mike 5:30 pm Katie	8:30 am Katie 4:30 pm Frankie	8:30 am Kaylin
12	13	14	15	16	17	18
No Classes	8:30 am Jay 4:30 pm Kaylin 5:30 pm Kaylin	5:00 am Katie 8:30 am Kaylin 4:30 pm Jay 5:30 pm Frankie	5:00 am Frankie 8:30 am Katie 4:30 pm Kaylin 5:30 pm Jay	5:00 am Katie 8:30 am Jay 4:30 pm Mike 5:30 pm Mike	8:30 am Nichole 4:30 pm Frankie	8:30 am Frankie
19	20	21	22	23	24	25
No Classes	8:30 am Jay 4:30 pm Katie 5:30 pm Katie	5:00 am Frankie 8:30 am Jay 4:30 pm Kaylin 5:30 pm Danielle	5:00 am Katie 8:30 am Kaylin 4:30 pm Jay 5:30 pm Jay	5:00 am Frankie 8:30 am Mike 4:30 pm Katie 5:30 pm Ashley	8:30 am Mike 4:30 pm Katie	8:30 am Kaylin
26	27	28	29	30	31	
No Classes	8:30 am Kaylin 4:30 pm Frankie 5:30 pm Frankie	5:00 am Katie 8:30 am Nichole 4:30 pm Frankie 5:30 pm Ashley	5:00 am Frankie 8:30 am Katie 4:30 pm Kaylin 5:30 pm Mike	5:00 am Frankie 8:30 am Nichole 4:30 pm Kaylin 5:30 pm Kaylin	8:30 am Mike 4:30 pm Frankie	