

# HardCore Fitness

## JULY 2010 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>NEW!</b> <b>Sundays @ 10am</b> <b>ZUMBA!</b> <b>Starting July 11</b>	(45) indicates a 45 minute class.  <b>Reformer Rental Availability:</b> Mo: 8am, 10:30am, 6:15pm Tu: 9:15am-11:30am, 5pm We: 6:15pm-8:30pm Th: 8am, 10:30-12:45pm, 5pm Fr: 9am-11:30am		<b>1</b> 8:15 - HardCoreSPIN (45) 9:15 - Pilates Reformer 12:00 - Pilates Mat (45)  5:15 - HardCoreSPIN (45) 6:15 - Turbo Kick 6:15 - Pilates Reformer 7:15 - PiYo	<b>2</b> 6:00 - HardCoreSPIN (45) 9:15 - HardCoreLIFT  6:00pm - HardCoreSPIN (45)	<b>3</b> 7:00 - HardCoreSPIN (45) 8:00 - Pilates Mat 8:00 - Pilates Reformer 9:15 - HardCoreLIFT 10:30 - Turbo Kick
<b>5</b> 6:00 - HardCoreSPIN (45) 8:00 - Turbo Kick 9:15 - Pilates Reformer  5:00 - Pilates Reformer 6:15 - HardCoreLIFT 7:30 - HardCoreSPIN (45)	<b>6</b> 8:15 - HardCoreSPIN (45) 9:15 - HardCoreLIFT  5:00 - Pilates Mat 6:15 - HardCore BOOTCAMP 6:15 - Pilates Reformer 7:15 - Turbo Kick 7:30 - Reformer Fusion	<b>7</b> 6:00 - HardCoreSPIN (45)  5:00 - Reformer Jumpboard 6:15 - Turbo Kick 7:30 - HardCoreLIFT	<b>8</b> 8:15 - HardCoreSPIN (45) 9:15 - Pilates Reformer 12:00 - Pilates Mat (45)  5:15 - HardCoreSPIN (45) 6:15 - Zumba 6:15 - Pilates Reformer 7:15 - PiYo	<b>9</b> 6:00 - HardCoreSPIN (45) 9:15 - HardCoreLIFT	<b>10</b> 7:00 - HardCoreSPIN (45) 8:00 - Pilates Mat 8:00 - Pilates Reformer 9:15 - HardCoreLIFT 10:30 - <b>TURBOFIRE</b> <b>Launch Party (Free!)</b>  <b>Open House</b> <b>10:30am-2pm</b>
<b>12</b> 6:00 - HardCoreSPIN (45) 8:00 - Turbo Kick 9:15 - Pilates Reformer  5:00 - Pilates Reformer 6:15 - HardCoreLIFT 7:30 - HardCoreSPIN (45)	<b>13</b> 8:15 - HardCoreSPIN (45) 9:15 - HardCoreLIFT  5:00 - Pilates Mat 6:15 - HardCore BOOTCAMP 6:15 - Pilates Reformer 7:15 - Turbo Kick 7:30 - Reformer Fusion	<b>14</b> 6:00 - HardCoreSPIN (45) 9:15 - Zumba  5:00 - Reformer Jumpboard 6:15 - Turbo Kick 7:30 - HardCoreLIFT	<b>15</b> 8:15 - HardCoreSPIN (45) 9:15 - Pilates Reformer 12:00 - Pilates Mat (45)  5:15 - HardCoreSPIN (45) 6:15 - Zumba 6:15 - Pilates Reformer 7:15 - PiYo	<b>16</b> 6:00 - HardCoreSPIN (45) 9:15 - HardCoreLIFT	<b>17</b> 7:00 - HardCoreSPIN (45) 8:00 - Pilates Reformer 9:15 - HardCoreLIFT 10:30 - Turbo Kick  11:30 - Strong Girls Club Quarterly Workshop
<b>19</b> 6:00 - HardCoreSPIN (45) 8:00 - Turbo Kick 9:15 - Pilates Reformer  5:00 - Pilates Reformer 6:15 - HardCoreLIFT 7:30 - HardCoreSPIN (45)	<b>20</b> 8:15 - HardCoreSPIN (45) 9:15 - HardCoreLIFT  5:00 - Pilates Mat 6:15 - HardCore BOOTCAMP 6:15 - Pilates Reformer 7:15 - Turbo Kick 7:30 - Reformer Fusion	<b>21</b> 6:00 - HardCoreSPIN (45) 9:15 - Zumba  5:00 - Reformer Jumpboard 6:15 - Turbo Kick 7:30 - HardCoreLIFT	<b>22</b> 8:15 - HardCoreSPIN (45) 9:15 - Pilates Reformer 12:00 - Pilates Mat (45)  5:15 - HardCoreSPIN (45) 6:15 - Zumba 6:15 - Pilates Reformer 7:15 - PiYo	<b>23</b> 6:00 - HardCoreSPIN (45) 9:15 - HardCoreLIFT	<b>24</b> 7:00 - HardCoreSPIN (45) 8:00 - Pilates Mat 8:00 - Pilates Reformer 9:15 - HardCoreLIFT 10:30 - Turbo Kick
<b>26</b> 6:00 - HardCoreSPIN (45) 8:00 - Turbo Kick 9:15 - Pilates Reformer  5:00 - Pilates Reformer 6:15 - HardCoreLIFT 7:30 - HardCoreSPIN (45)	<b>27</b> 8:15 - HardCoreSPIN (45) 9:15 - HardCoreLIFT  5:00 - Pilates Mat 6:15 - HardCore BOOTCAMP 6:15 - Pilates Reformer 7:15 - Turbo Kick 7:30 - Reformer Fusion	<b>28</b> 6:00 - HardCoreSPIN (45) 9:15 - Zumba  5:00 - Reformer Jumpboard 6:15 - Turbo Kick 7:30 - HardCoreLIFT	<b>29</b> 8:15 - HardCoreSPIN (45) 9:15 - Pilates Reformer 12:00 - Pilates Mat (45)  5:15 - HardCoreSPIN (45) 6:15 - Zumba 6:15 - Pilates Reformer 7:15 - PiYo	<b>30</b> 6:00 - HardCoreSPIN (45) 9:15 - HardCoreLIFT  6:00pm - HardCoreSPIN (45)	<b>31</b> 7:00 - HardCoreSPIN (45) 8:00 - Pilates Mat 8:00 - Pilates Reformer 9:15 - HardCoreLIFT 10:30 - Turbo Kick

**PLEASE NOTE: Schedule is subject to change. Please check the web scheduler for updates and/or cancellations.**