

Dragon Classes July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	0630-0730 Bethann Indoor Cycling		0630-0730 Bethann Indoor Cycling	0630-0730 Bethann Indoor Cycling
0900-1000 Elena Active Moms of Aviano (Child friendly class)		0900-1000 Elena Active Moms of Aviano (Child friendly class)		
1000-1100 Silvia Zumba (Child friendly class)	1000-1100 Silvia Zumba	1000-1100 Stephanie UpBeat Barre	1000-1100 Silvia Zumba	1000-1100 Stephanie UpBeat Barre
1110-1210 Isabella HIIT	1100-1200 Isabella Indoor Cycling	1110-1210 Isabella HIIT	1100-1200 Isabella Indoor Cycling	1110-1210 Isabella HIIT
1700-1800 Stephanie UpBeat Barre		1700-1800 Lindsey Yoga for beginners		
1800-1900 Lindsey Yoga		1800-1900 Lindsey Yoga		