

july 2022 (LIVE & VIRTUAL)

july schedule

blessed to be able!

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Bootcamps live using Zoom!

Step 151 live using Facebook Live

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10am// Bootcamp on the Rocks	2 8am// Bootcamp on the Rocks 9:15am// Step 151
3 RUN ON THE ROCKS 9am// Bootcamp on the Rocks	4 HAPPY 4TH! 10am// Bootcamp on the Rocks 11am// Step 151	5 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	6 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	7 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	8 10am// Bootcamp on the Rocks	9 8am// Bootcamp on the Rocks 9:15am// Step 151
10 RUN ON THE ROCKS 9am// Bootcamp on the Rocks	11 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	12 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	13 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	14 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	15 10am// Bootcamp on the Rocks	16 8am// Bootcamp on the Rocks 9:15am// Step 151
17 RUN ON THE ROCKS 9am// Bootcamp on the Rocks	18 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	19 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	20 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	21 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	22 10am// Bootcamp on the Rocks	23 8am// Bootcamp on the Rocks 9:15am// Step 151
24/ 31 RUN ON THE ROCKS 9am// Bootcamp on the Rocks	25 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	26 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	27 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	28 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	29 10am// Bootcamp on the Rocks	30 8am// Bootcamp on the Rocks 9:15am// Step 151