

fitness classes with Donna

July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			YOGA 9:30 – 10:30	BOOM 9:30 – 10:30	YOGA 9:30 – 10:30	
5	YOGA 9:30 – 10:30	CIRCUIT 9:30 – 10:30	YOGA 9:30 – 10:30	BOOM 9:30 – 10:30	YOGA 9:30 – 10:30	11
12	YOGA 9:30 – 10:30	CIRCUIT 9:30 – 10:30	YOGA 9:30 – 10:30	BOOM 9:30 – 10:30	YOGA 9:30 – 10:30	18
19	YOGA 9:30 – 10:30	CIRCUIT 9:30 – 10:30	YOGA 9:30 – 10:30	BOOM 9:30 – 10:30	YOGA 9:30 – 10:30	25
26	YOGA 9:30 – 10:30	CIRCUIT 9:30 – 10:30	YOGA 9:30 – 10:30	BOOM 9:30 – 10:30	YOGA 9:30 – 10:30	