

July

2026

MON	TUE	WED	THU	FRI	SAT	SUN
		1 (30) Barre	2 (30) Mat Pilates	3 (30) Strength	4 (30) Sculpt	5 (30) Cardio
6 (30) Fusion	7 (30) Yoga	8 (30) Barre	9 (30) Mat Pilates	10 (30) Strength	11 (30) Sculpt	12 (30) Cardio
13 (30) Fusion	14 (30) Yoga Stretch	15 (30) Barre	16 (30) Mat Pilates	17 (30) Strength	18 (30) Sculpt	19 (30) Cardio
20 (30) Fusion	21 (30) Gentle Yoga	22	23	24	25	26
27	28	29	30	31		

NOTES:

TOP PRIORITIES:
