

Dance Appreciation Month

2013

July

Locations

Training Solutions Location

St. Johns Military Academy

Beaver Lake

ID=Indoors OD=Outdoors

S M T W T F S

30	1 8:00 AM Tai Chi ID 6:30 PM Cardio ID	2 7:00 AM Yoga ID	3 6:00 AM Bands ID 11:00 AM Paddle Board OD 5:30 PM Yoga ID 6:30 AM Strength ID	4 Independence Day	5	6
7	8 8:00 AM Tai Chi ID 6:30 PM Cardio ID	9 7:00 AM Yoga ID	10 6:00 AM Bands ID 11:00 AM Paddle Board OD 5:30 PM Yoga ID 6:30 AM Strength ID	11 12:00 PM Bands ID 7:00 PM Lifting ID	12	13
14	15 8:00 AM Tai Chi ID 6:30 PM Cardio ID	16 7:00 AM Yoga ID	17 6:00 AM Bands ID 11:00 AM Paddle Board OD 5:30 PM Yoga ID 6:30 AM Strength ID	18 12:00 PM Bands ID 7:00 PM Lifting ID	19	20
21	22 8:00 AM Tai Chi ID 6:30 PM Cardio ID	23 7:00 AM Yoga ID	24 6:00 AM Bands ID 11:00 AM Paddle Board OD 5:30 PM Yoga ID 6:30 AM Strength ID	25 12:00 PM Bands ID 7:00 PM Lifting ID	26	27
28	29 8:00 AM Tai Chi ID 6:30 PM Cardio ID	30 7:00 AM Yoga ID	31 6:00 AM Bands ID 11:00 AM Paddle Board OD 5:30 PM Yoga ID 6:30 AM Strength ID	1 12:00 PM Bands ID 7:00 PM Lifting ID	2	3 End of Session 5