

# HIGH BLUE

## Small Group SCHEDULE

### JULY

Powered by MX4



MONDAY	
5:15-6am	HIGH W. Emily
6-6:30am	MX4 W. Emily
9-9:30am	MX4 W. Contessa
9:30-10am	MX4 Active W. Contessa
Evening	
5:15-5:45pm	MX4 W. Cathy
5:45-6:30pm	KTM W. Colin

Tuesday	
6-6:30am	MX4 W. Annette
8-8:30am	MX4 W. Bethany M
8:30-9:00am	MX4 W. Bethany M
Evening	
6:00-6:30pm	MX4 W. Bethany S
6:00-6:45pm	HIGH w. Contessa

Wednesday	
5:15-6am	TRX W. Brian
6-6:30am	MX4 W. Emily
8-8:30am	MX4 W. Contessa
8:30-9:15am	Barre w. Bethany
9:30-10am	MX4 Active W. Contessa
Evening	
6-6:30pm	MX4 W. Bethany S
5:45-6:30pm	HIGH w. Colin

Thursday	
6-6:30am	MX4 W. Annette
8-8:30am	TRX W. Contessa
8:30-9:00am	TRX Barre w. Bethany
8:30-9:15am	MX4 W. Contessa
Evenings	
6:15-7pm	HIGH W. Colin

Friday	
5:15-6am	MX4 W. Cathy
6-6:30am	MX4 W. Emily
8-8:30am	MX4 W. Annette
9-9:30am	MX4 W. Contessa
Evening	
5:45-6:30pm	HIGH w. Colin

Saturday	
7:15-8AM	MX4 W. Bethany/Cathy