

July 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6  GRAND OPENING 2-4pm	7 Fundamentals 9am-9:45am Fundamentals 10am-10:45am Special Programming 1pm-5pm Fundamentals 6pm-6:45pm Rise & Flow 7pm-7:45pm	8 Fundamentals 9am-9:45am Rise & Flow 10am-10:45am Special Programming 1pm-5pm Amplified 6pm-6:45pm	9 Rise & Flow 9am-9:45am Fundamentals 10am-10:45am Special Programming 1pm-5pm Fundamentals 6pm-6:45pm Rise & Flow 7pm-7:45pm	10 Fundamentals 9am-9:45am Rise & Flow 10am-10:45am Special Programming 1pm-5pm	11 Fundamentals 9am-9:45am Rise & Flow 10am-10:45am	12 Fundamentals 9:30am-10:15am Amplified 10:30am-11:15am
13 RISE CLOSED No programming	14 Fundamentals 9am-9:45am Fundamentals 10am-10:45am Special Programming 1pm-5pm Fundamentals 6pm-6:45pm Rise & Flow 7pm-7:45pm	15 Fundamentals 9am-9:45am Rise & Flow 10am-10:45am Special Programming 1pm-5pm Amplified 6pm-6:45pm	16 Rise & Flow 9am-9:45am Fundamentals 10am-10:45am RISE CLOSED Fundamentals 6pm-6:45pm Rise & Flow 7pm-7:45pm	17 Fundamentals 9am-9:45am Rise & Flow 10am-10:45am Special Programming 1pm-5pm	18 RISE CLOSED No programming	19 Fundamentals 9:30am-10:15am Amplified 10:30am-11:15am
20 RISE CLOSED No programming	21 Fundamentals 9am-9:45am Fundamentals 10am-10:45am RISE CLOSED Fundamentals 6pm-6:45pm Rise & Flow 7pm-7:45pm	22 Fundamentals 9am-9:45am Rise & Flow 10am-10:45am Special Programming 1pm-5pm Amplified 6pm-6:45pm	23 Rise & Flow 9am-9:45am Fundamentals 10am-10:45am Special Programming 1pm-5pm Fundamentals 6pm-6:45pm Rise & Flow 7pm-7:45pm	24 Fundamentals 9am-9:45am Rise & Flow 10am-10:45am Special Programming 1pm-5pm	25 Fundamentals 9am-9:45am Rise & Flow 10am-10:45am	26 Fundamentals 9:30am-10:15am Amplified 10:30am-11:15am
27 RISE CLOSED No programming	28 Fundamentals 9am-9:45am Fundamentals 10am-10:45am Special Programming 1pm-5pm Fundamentals 6pm-6:45pm Rise & Flow 7pm-7:45pm	29 Fundamentals 9am-9:45am Rise & Flow 10am-10:45am Special Programming 1pm-5pm Amplified 6pm-6:45pm	30 Rise & Flow 9am-9:45am Fundamentals 10am-10:45am Special Programming 1pm-5pm Fundamentals 6pm-6:45pm Rise & Flow 7pm-7:45pm	31 Fundamentals 9am-9:45am Rise & Flow 10am-10:45am Special Programming 1pm-5pm		