

# NOWALLS JULY SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am 40-50 min	Step n' Weights	Gauntlet Training	PopCardio	HIIT Strong	Step Cardio	9 - 9:30 PopCardio
9:45 am 20-30 min	Standing Pilates Flow	Mat Pilates		Pilates/ FittleSticks	TaiChi Flow	9:30 - 10:00 HITT Strong
10:30 60 min		G'Ma's Dancersize		G'Ma's Dancersize		Pickleball
4:30 pm 30 min	HIIT Strong	PopCardio	Standing Pilates Flow	MuscleUp	Step n' Sticks	Member Bonus: Curves Circuit open for self-guided workouts anytime during open hours
5:00 pm 30 min	Mat Pilates	Cardio KickBox	HIIT Pilates	TaiChi Flow	Mat Pilates	
5:30 pm 30 min	MuscleUp	HIIT Pilates	Gauntlet Training 45	HIIT Strong	PickleBall	
6:00 pm 30 min	Mo'Muscle	Body Blast	Pickleball @ 6:15	Mo'Muscle		

NOWALLS TRAINING ARENA  
 WHERE HEROES ARE FORGED 

NoWallsFitness.com 1030 Shaw Ave. #103, Clovis CA TEXT 559-770-8228