

July

2022

Group X Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Learn to Run/Run Club @ 8:30am - Outdoors Martial Arts 10am-2pm
3	4 CLOSED For 4th of July	5	6	7 Tai Chi Chuan @ 9am Tai Chi @ 11am SG Training @ 12pm Martial Arts @ 5:30pm-8:30pm	8	9 Learn to Run/Run Club @ 8:30am - Outdoors Martial Arts 10am-2pm
10 Wellness Walk & Talk 9am-10am #403679	11 TRX @ 12pm	12 Aqua @ 8:30am	13 TRX @ 12pm	14 Tai Chi Chuan @ 9am Tai Chi @ 11am SG Training @ 12pm Martial Arts @ 5:30pm-8:30pm	15	16 Learn to Run/Run Club @ 8:30am - Outdoors Martial Arts 10am-2pm
17	18 TRX @ 12pm Yoga @ 7pm	19 Aqua @ 8:30am	20 TRX @ 12pm Yoga @ 7pm	21 Tai Chi Chuan @ 9am Tai Chi @ 11am SG Training @ 12pm Martial Arts @ 5:30pm-8:30pm	22	23 Learn to Run/Run Club @ 8:30am - Outdoors Martial Arts 10am-2pm
24	25 TRX @ 12pm Yoga @ 7pm	26 Aqua @ 8:30am	27 TRX @ 12pm Yoga @ 7pm	28 Tai Chi Chuan @ 9am Tai Chi @ 11am SG Training @ 12pm Martial Arts @ 5:30pm-8:30pm	29	30 Learn to Run/Run Club @ 8:30am - Outdoors Martial Arts 10am-2pm
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