

July 2026 Schedule

Sunday

Monday

Tuesday


Wednesday

Thursday

Friday

Saturday



			1 9 am Supersculpt with Nat	2 6 am SWC with Erica 5:30 pm Supersculpt with Nat	3 9 am Power Pilates with Ashley	4 9 am FIRECRACKER 4th TEAM TEACH with Nat, Erica & Ashley
5 No Classes	6 9 am HIIT with Erica 5:30 pm SWC with Nat	7 6 am E TOTAL BODY with Erica 5:30 pm Cardio Walk & Sculpt with Nat	8 9 am Supersculpt with Nat	9 6 am SWC with Erica 5:30 pm Supersculpt with Nat	10 9 am Power Pilates with Ashley	11 8 am BOX BOOT CIRCUIT with Erica 9:30 am Supersculpt with Nat
12 No Classes	13 9 am HIIT with Erica 5:30 pm SWC with Nat	14 6 am E TOTAL BODY w/ Erica 5:30 pm Cardio Walk & Sculpt with Nat 6:30 Sunset Stretch with Erica	15 9 am Supersculpt with Nat	16 6 am SWC with Erica 5:30 pm Supersculpt with Nat	17 9 am Power Pilates with Ashley	18 8 am BOX BOOT CIRCUIT with Nat 9:30 am Supersculpt with Nat
19 No Classes	20 9 am HIIT with Erica 5:30 pm SWC with Nat	21 6 am E TOTAL BODY with Erica 5:30 pm Cardio Walk & Sculpt with Nat	22 9 am Supersculpt with Nat	23 5:30 pm Supersculpt with Erica	24 9 am Power Pilates with Ashley	25 8 am POWER PILATES with Ashley 9:30 am Supersculpt with Erica
26 No Classes	27 9 am HIIT with Erica 5:30 pm SWC with Nat	28 6 am E TOTAL BODY with Erica 5:30 pm Cardio Walk & Sculpt with Nat	29 9 am Supersculpt with Nat	30 6 am SWC with Erica 5:30 pm Supersculpt with Nat	31 9 am Power Pilates with Ashley	<p><i>Find us on the UnionFit app to sign up for classes!</i></p> 

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