

FITNESS CLASS SCHEDULE

June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 8:45 am Vinyasa
2 8:30 am P90X 5:00pm: Vinyasa	3 6:30 am Core 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	4 7:00 am Vinyasa 8:30am: Body Strength 10:00 am Gentle Yoga	5 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	6 8:30 am Body Strength 10:00am: Multi-Level Yoga	7 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	8 8:00am: Strength/ Fusion 8:45 am Vinyasa
9 8:30 am P90X 5:00pm: Vinyasa	10 6:30 am Core 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	11 7:00 am Vinyasa 8:30am: Body Strength 10:00 am Gentle Yoga	12 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	13 8:30 am Body Strength 10:00am: Multi-Level Yoga	14 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	15 8:45 am Vinyasa
16 8:30 am P90X 5:00pm: Vinyasa	17 6:30 am Core 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	18 7:00 am Vinyasa 8:30am: Body Strength 10:00 am Gentle Yoga	19 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	20 8:30 am Body Strength 10:00am: Multi-Level Yoga	21 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	22 8:00am: Strength/ Fusion 8:45 am Vinyasa
23/30 8:30am: P90X 5:00pm: Vinyasa	24 6:30 am Core 8:30am: Bootcamp 9:35am: Stretch/Tone 10:30am: Aquacise	25 7:00 am Vinyasa 8:30am: Body Strength 10:00 am Gentle Yoga	26 8:30am: Core Strength (30 min) 9:35am:Stretch/Tone 10:30am: Aquacise	27 8:30 am Body Strength 10:00am: Multi-Level Yoga	28 8:30am: Tabata 9:35am: Stretch/Tone 10:30am: Aquacise	29 8:45 am Vinyasa