






PRE SUMMER FITNESS JUNE 2018 dynamitepersonalfitness@gmail.com 902-877-2833

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>Sculpt = weights Circuit= stations as a group Interval = cardio& weights OR weights & body weight Ride= spin class Women who lift= fitness centre</p>	<p>1 11:00am Eslide Cardio 11:30am Metabolic Sculpt SMALL ball 12:30 pm Ride 50</p>	<p>2 Drop ins \$15hr Drop ins \$10 30 minutes Sign up for discounted rate</p>
<p>3 BootCamp 9:30am HPCS 11:00am Metabolic E slide Sculpt Giant Steps French Village 1:15pm Women who lift fitness centre</p>	<p>4 11:00am Metabolic Fitness Walk 5:30pm SPIN N Sculpt 30 spin 30 weights 6:30pm Body weight HIIT Circuit 30* new 7:00pm Core n Stretch 30**</p>	<p>5 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm BootCamp OUTDOORS 6:45pm Ride 45** new time</p>	<p>6 11:00am Cardio E slide 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50 7:30pm Women who lift fitness centre</p>	<p>7 9:15am Metabolic Cardio n Weights Circuit training 5:30pm Metabolic Fitness Walk outside ***50 6:45pm Ride 45</p>	<p>8 11:00am Eslide Cardio 11:30am Metabolic Sculpt SMALL ball 12:30 pm Ride 50</p>	<p>9 Classes at St Margaret's Centre Hammonds Plains School INDOOR CYCLING with stationary bikes</p>
<p>10 BootCamp 9:30am HPCS 11:00am Metabolic E slide Sculpt GSFV 1:15pm Women who lift fitness centre</p>	<p>11 11:00am Metabolic Fitness Walk 5:30pm SPIN N Sculpt 30 spin 30 weights 6:30pm Body weight HIIT Circuit 30* new 7:00pm Core n Stretch 30**</p>	<p>12 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm BootCamp OUTDOORS 6:45pm Ride 45** new time</p>	<p>13 11:00am Cardio E slide 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50 7:30pm Women who lift fitness centre</p>	<p>14 9:15am Metabolic Cardio n Weights Circuit training 5:30pm Metabolic Fitness Walk outside ***50 6:45pm Ride 45</p>	<p>15 11:00am Eslide Cardio 11:30am Metabolic Sculpt SMALL ball 12:30 pm Ride 50</p>	<p>16 FITNESS KICKBOXING LEVEL 2 KICKBOXING COURSE 10-6pm</p>
<p>17 BootCamp 9:30am HPCS 11:00am Metabolic E slide Sculpt GSFV</p> <p>HAPPY FATHERS DAY</p> 	<p>18 11:00am Metabolic Fitness Walk 5:30pm SPIN N Sculpt 30 spin 30 weights 6:30pm Body weight HIIT Circuit 30* new 7:00pm Core n Stretch 30**</p>	<p>19 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm BootCamp OUTDOORS 6:45pm Ride 45</p>	<p>20 11:00am Cardio E slide 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50 7:30pm Women who lift fitness centre</p>	<p>21 9:15am Metabolic Cardio n Weights Circuit training 5:30pm Metabolic Fitness Walk outside ***50 6:45pm Ride 45</p>	<p>22 11:00am Eslide Cardio 11:30am Metabolic Sculpt SMALL ball 12:30 pm Ride 50</p>	<p>23</p>
<p>24 BootCamp 9:30am HPCS 11:00am Metabolic E slide Sculpt Giant Steps French Village Location 1:15pm Women who lift fitness centre</p>	<p>25 ** New Walk / Jog intervals outside 4km **9:15am 11:00am Metabolic Fitness Walk 5:30pm SPIN N Sculpt 30 spin 30 weights 6:30pm Body weight HIIT Circuit 30* new 7:00pm Core n Stretch 30**</p>	<p>26 9:15am SPIN N SCULPT 30 spin 30 weight training 5:30pm BootCamp OUTDOORS 6:45pm Ride 45</p>	<p>27 11:00am Cardio E slide 30 11:30am Big Ball Sculpt 30 12:30pm Ride 50 7:30pm Women who lift fitness centre</p>		<p>29 SCHOOLS OUT!! LAST DAY NO CLASSES</p>	<p>30 Certified PTS FIS Yoga YogaFitKids Children Fitness Coach Schwin Certified PN 1 FKC12Master Trainer</p>