

# GROUP FITNESS + YOGA CLASSES JUNE 2018



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 AM			Spin 5:30 am		Spin 5:30 am		
6:00 AM				Early Bird Yoga 6:00 am			
7:30 AM		Red, White and Blue Yoga 7:30 am					
9:00 AM		Sculpt 101 9:00 am	BOOST Your Balance 9:00 am	Barre 9:00am	BOOST Your Balance 9:00 am	Barre 9:00 am	
10:00 AM		Spin 9:00 am	Total Body Shred 9:30 am	WTF Wednesday 9:00 am	Total Body Shred 9:30 am	Fatigue Friday 9:15 am	Power Yoga 9:30 am
			Chair Yoga 10:00 am	Beginner Boxing 10:00 am	Chair Yoga 10:00 am	Stretch & Roll 10:00 am	
			Yoga for Everyone 10:30 am		Gentle Yoga 10:30 am		
11:00 AM							Zumba 11:00 am
1:00 PM		Gentle Yoga 1:00 pm					
4:00 PM							
			Power Core Yoga 4:30 pm		Gentle Yoga 4:30 pm		
5:30 PM		Spin 5:30 pm	Cardio Torch 5:30 pm				
6:00 PM		Basic Yoga 6:00 pm	Body Burn 6:00 pm	Barre 6:00 pm			
				Basic Yoga 6:00 PM			
7:00 PM			Zumba 7:00 pm		Zumba 7:00 pm		