

June 2019



SUN	MON	TUE	WED	THU	FRI	SAT
2	3 5:15 AM <i>Total Body Conditioning</i> 5:00-7:00 PM <i>Open Circuit</i>	4 5:15 PM <i>Stretch Balance & Flow</i> 6:00 PM <i>Tabata/Barre Mix</i>	5 5:15 AM <i>Strength</i> 5:15 PM <i>All Abs</i> 5:45 PM <i>Stability Ball</i> 6:30 PM <i>SlamBall/Weights</i>	6 6:00 PM <i>Total Body Conditioning</i> 6:30 PM <i>Stretch</i>	7 5:15 AM <i>Strength</i> 6:00-7:00 PM <i>Open Gym</i>	8 7:30 AM-9:00 AM <i>Open Circuit</i>
9	10 5:15 AM <i>Total Body Conditioning</i> 5:00-7:00 PM <i>Open Circuit</i>	11 5:15 PM <i>Stretch Balance & Flow</i> 6:00 PM <i>Tabata/Barre Mix</i>	12 5:15 AM <i>Strength</i> 5:15 PM <i>All Abs</i> 5:45 PM <i>Stability Ball</i> 6:30 PM <i>SlamBall/Weights</i>	13 6:00 PM <i>Total Body Conditioning</i> 6:30 PM <i>Stretch</i>	14 5:15 AM <i>Strength</i>	15 8:00 AM-9:00 AM * <i>Open Circuit</i> *please note time change
16	17 5:15 AM <i>Total Body Conditioning</i> 5:00-7:00 PM <i>Open Circuit</i>	18 5:15 PM <i>Stretch Balance & Flow</i> 6:00 PM <i>Tabata/Barre Mix</i>	19 5:15 AM <i>Strength</i> 5:15 PM <i>All Abs</i> 5:45 PM <i>Stability Ball</i> 6:30 PM <i>SlamBall/Weights</i>	20 6:00 PM <i>Total Body Conditioning</i> 6:30 PM <i>Stretch</i>	21 5:15 AM <i>Strength</i>	22 7:30 AM-8:30 AM * <i>Open Circuit</i> *please note time change
23	24 5:15 AM <i>Total Body Conditioning</i> 5:00-7:00 PM <i>Open Circuit</i>	25 5:15 PM <i>Stretch Balance & Flow</i> 6:00 PM <i>Tabata/Barre Mix</i>	26 5:15 AM <i>Strength</i> 5:15 PM <i>All Abs</i> 5:45 PM <i>Stability Ball</i> 6:30 PM <i>SlamBall/Weights</i>	27 6:00 PM <i>Total Body Conditioning</i> 6:30 PM <i>Stretch</i>	28 5:15 AM <i>Strength</i> 6:00-7:00 PM <i>Open Gym</i>	29 7:30 AM-9:00 AM <i>Open Circuit</i>
30						