

Class Schedule June 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|---|----------|--------|
| 3 Core Blast – 6am Step Challenge – 12:15 Muscle Pump – 5:30 | 4 Tone up – 9am HIIT – 5:30 | 5 Bootcamp – 6am T.B.C. – 5:30 | 6 Muscle Pump – 12:15 HIIT – 5:30 | 7 TRX MIX – 6am Bootcamp – 10:15am | 8 | 9 |
| 10 Core Blast – 6am Step Challenge – 12:15 Muscle Pump – 5:30 | 11 Tone up – 9am Barre – 12:15 HIIT – 5:30 | 12 Bootcamp – 6am T.B.C. – 5:30 | 13 Muscle Pump – 12:15 Barre/HIIT – 5:30 | 14 TRX MIX – 6am Bootcamp – 10:15am | 15 | 16 |
| 17 T Core Blast – 6am Step Challenge – 12:15 Muscle Pump – 5:30 | 18 Tone up – 9am Barre – 12:15 HIIT – 5:30 | 19 Bootcamp – 6am T.B.C. – 5:30 | 20 Muscle Pump – 12:15 Slow Burn – 5:30 | 21 TRX MIX – 6am Bootcamp – 10:15am | 22 | 23 |

T.B.C. is Total Body Conditioning.

Subject to change. Final schedule available online.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------------|---------------|----------------|---------------------|--------------------|----------|--------|
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| Core Blast – 6am | Tone up – 9am | Bootcamp – 6am | | TRX MIX – 6am | | |
| Step Challenge – 12:15 | Barre – 12:15 | | Muscle Pump – 12:15 | Bootcamp – 10:15am | | |
| Muscle Pump – 5:30 | HIIT – 5:30 | T.B.C. – 5:30 | Slow Burn – 5:30 | | | |

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