

JUNE GROUP CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:00AM-9:45AM HIIT - Emily 9:45AM-10:00AM Core
3 5:45AM-6:30AM SPIN – Ingrid 12:00PM-12:45PM MuscleWorks – Pam 5:30-6:15PM BOOTCAMP - Lamar	4 6:15AM-7:00AM Circuit – Jordan 11-11:45AM BARRE- Jill 4:30PM-5:15PM Youth Training – Lamar 6:15-7PM SPIN - Danny	5 12:00PM-12:45PM SPIN - Jill 5:15PM-6:00PM BOOTCAMP - Lamar	6 6:15AM-7:00AM Circuit – Jordan 12:00PM-12:45PM MuscleWorks – Pam 4:30PM-5:15PM Youth Training – Lamar	7	8 9:00AM-9:45AM HIIT - Emily 9:45AM-10:00AM Core
10 5:45AM-6:30AM SPIN – Ingrid 12:00PM-12:45PM MuscleWorks – Pam 5:30-6:15PM BOOTCAMP - Lamar	11 6:15AM-7:00AM Circuit – Jordan 11-11:45AM BARRE- Jordan 4:30PM-5:15PM Youth Training – Lamar 6:15-7PM SPIN - Danny	12 12:00PM-12:45PM SPIN - Jill 5:15PM-6:00PM BOOTCAMP - Lamar	13 6:15AM-7:00AM Circuit – Jordan 12:00PM-12:45PM MuscleWorks – Pam 4:30PM-5:15PM Youth Training – Lamar	14	15 9:00AM-9:45AM HIIT - Emily 9:45AM-10:00AM Core - Emily
17 12:00PM-12:45PM MuscleWorks – Pam 5:30-6:15PM BOOTCAMP - Lamar	18 6:15AM-7:00AM Circuit – Jordan 11-11:45AM BARRE- Jill 4:30PM-5:15PM Youth Training – Lamar	19 12:00PM-12:45PM SPIN - Jill 5:15PM-6:00PM BOOTCAMP - Lamar	20 6:15AM-7:00AM Circuit – Jordan 12:00PM-12:45PM MuscleWorks – Pam 4:30PM-5:15PM Youth Training – Lamar	21	22 9:00AM-9:45AM SPIN - Danny
24 5:45AM-6:30AM SPIN – Ingrid 5:30-6:15PM BOOTCAMP - Lamar	25 6:15AM-7:00AM Circuit – Jordan 11-11:45AM BARRE- Jordan 4:30PM-5:15PM Youth Training – Lamar 6:15-7PM SPIN - Danny	26 12:00PM-12:45PM SPIN - Danny 5:15PM-6:00PM BOOTCAMP - Lamar	27 6:15AM-7:00AM Circuit – Jordan 12:00PM-12:45PM MuscleWorks – Pam 4:30PM-5:15PM Youth Training – Lamar	28	29 9:00AM-9:45AM BOOTCAMP– Lamar