



JUNE GROUP FITNESS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-7:30 AM		Rise & Shine Yoga (Mitzie)		Rise & Shine Yoga (Mitzie)	
6:30-7:15 AM		Cycle 45 (Sarah)		Cycle 45 (Lisa)	
8:30-9:30 AM	Jump Start (Nadeen)		Jump Start (Nadeen)		Jump Start (Nadeen)
5:30-6:30 PM	Total Body Training (Traci)	Zumba (Jacob) Cycle & Core (Lisa)	H.I.I.T (Traci) 5:30-6:15 pm Cycle 45 (Andy)	Cycle & Core (Lisa)	
6:00-7:00 PM				Zumba (Raeann & Abena)	
6:35-6:55 PM	Extreme Core (Traci)		Extreme Core (Traci)		
6:30-7:15 PM	Cycle 45 (Andy)				
7:05-7:25 PM				Extreme Core (Raeann)	
7:15-8:15 PM	Zumba (Mitzie)	Strong (Mitzie & Abena)	Zumba (Abena)		

KEY:



Mind & Body - Studio 1



Cardio & Strength - Studio 2



Cycling - Studio 3