

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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3 6:30AM SPIN – Chris	4 10AM Fit Over 50 – Lula 11AM Yoga – Megan 5:30PM SPIN – Guy 6PM Cardio Funk & Toning - Fonda	5 6:30AM SPIN – Chris 5:30PM SPIN - Guy	6 10AM Fit Over 50 – Lula 11AM Yoga – Megan 5:30PM SPIN - Guy	7 6:30AM SPIN – Chris 6PM Line Dancing - Fonda	8 9:30AM HIIT - Veronica
10 6:30AM SPIN - Chris	11 10AM Fit Over 50 – Lula 11AM Yoga – Megan 5:30PM SPIN – Guy 6PM Cardio Funk & Toning - Fonda	12 6:30AM SPIN – Chris 5:30PM SPIN - Guy	13 10AM Fit Over 50 – Lula 11AM Yoga – Megan 5:30PM SPIN - Guy	14 6:30AM SPIN – Chris 6PM Line Dancing - Fonda	15 9:30 AM HIIT – Veronica
17 6:30AM SPIN - Chris	18 10AM Fit Over 50 – Lula 11AM Yoga – Megan 5:30PM SPIN – Guy 6PM Cardio Funk & Toning - Fonda	19 6:30AM SPIN – Chris 5:30PM SPIN - Guy	20 10AM Fit Over 50 – Lula 11AM Yoga – Megan 5:30PM SPIN - Guy	21 6:30AM SPIN – Chris 6PM Line Dancing - Fonda	22 9:30AM HIIT - Veronica
24 6:30AM SPIN - Chris	25 10AM Fit Over 50 – Lula 11AM Yoga – Megan 5:30PM SPIN – Guy 6PM Cardio Funk & Toning - Fonda	26 6:30AM SPIN – Chris 5:30PM SPIN - Guy	27 10AM Fit Over 50 – Lula 11AM Yoga – Megan 5:30PM SPIN - Guy	28 6:30AM SPIN – Chris 6PM Line Dancing - Fonda	29 9:30AM HIIT - Veronica