

# Fitness Classes - June 2018

Sunday

Monday


Tuesday

Wednesday

Thursday

Friday

Saturday

	<p>Note: * (class held in lounge)</p>				<p>1 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30</p>	<p>2 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>3 Indoor Cycling 8:15-9:15</p>	<p>4 Total Strength 6:00-7:00 *Chair Pilates 8:00-9:00 Balance &amp; Flexibility 9:00-10:00 Pilates 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>5 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>6 Sunrise Yoga 6:00-7:00 *Yoga 9:00-9:45 Zumba 9:40-10:40  *Yoga 7:30pm-8:15pm</p>	<p>7 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>8 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30</p>	<p>9 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>10 Indoor Cycling 8:15-9:15</p>	<p>11 Total Strength 6:00-7:00 *Chair Pilates 8:00-9:00 Balance &amp; Flexibility 9:00-10:00 Pilates 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>12 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>13 Sunrise Yoga 6:00-7:00 *Yoga 9:00-9:45 Zumba 9:40-10:40  *Yoga 7:30pm-8:15pm</p>	<p>14 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>15 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30</p>	<p>16 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>17 Indoor Cycling 8:15-9:15</p>	<p>18 Total Strength 6:00-7:00 *Chair Pilates 8:00-9:00 Balance &amp; Flexibility 9:00-10:00 Pilates 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>19 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>20 Sunrise Yoga 6:00-7:00 *Yoga 9:00-9:45 Zumba 9:40-10:40  *Yoga 7:30pm-8:15pm</p>	<p>21 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>22 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30</p>	<p>23 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>
<p>24 Indoor Cycling 8:15-9:15</p>	<p>25 Total Strength 6:00-7:00 *Chair Pilates 8:00-9:00 Balance &amp; Flexibility 9:00-10:00 Pilates 9:30-10:30  *Yoga 7:30pm-8:15pm</p>	<p>26 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>27 Sunrise Yoga 6:00-7:00 *Yoga 9:00-9:45 Zumba 9:40-10:40  *Yoga 7:30pm-8:15pm</p>	<p>28 Indoor Cycling 6:00-7:00 Body Sculpting 8:30-9:15 *Slow Burn Yoga 9:15-10:15 Circuit 9:20-10:05</p>	<p>29 Total Strength 6:00-7:00 Zumba 8:45-9:30 Pilates 9:30-10:30</p>	<p>30 Circuit Saturdays 8:30-9:15 Indoor Cycling 9:30-10:30</p>