

June 2017 GROUP FITNESS CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:00 AM 5:15-6:00am	Boot Camp (Gym Floor)	Boot Camp (Gym Floor) Spin (Cardio Rm)	Boot Camp (Gym Floor)	Boot Camp (Gym Floor) Spin (Cardio Rm)	Boot Camp (Gym Floor)		
6:00am-7:00am	Bootcamp (Gym Floor)	Bootcamp (Gym Floor)	Bootcamp (Gym Floor)	Bootcamp (Gym Floor)	Bootcamp (Gym Floor)		
8:15am-8:45am				Yoga Stretch (Cardio Room)			
9:00am-10:00am	Boot Camp (Gym Floor)	Boot camp (Gym Floor)	Boot Camp (Gym Floor)	Bootcamp (Gym Floor)	Boot Camp (Gym Floor)	Oly Wt Lifting (Gym Floor)	Oly Wt Lifting (Gym Floor)
10:00am-11:00am		TRX Abs		TRX Abs		Bootcamp (Gym Floor)	Bootcamp (Gym Floor)
10:15 – 10:45AM	Sr. Stretch/Exercise 65yrs+ (Cardio Room)		Sr. Stretch/Exercise 65yrs+ (Cardio Room)		Sr. Stretch/Exercise 65yrs+ (Cardio Room)		
10:15-11:00 AM	Kids Bootcamp (gym floor)		Kids Bootcamp (gym floor)		Kids Bootcamp (gym floor)		
12:00-1:00PM 1:00-1:30pm	Boot Camp/TRX Abs (Gym Floor)	Boot Camp (Gym Floor)	Boot Camp/TRX Abs (Gym Floor)	Boot Camp (Gym Floor)	BootCamp TRX Abs (Gym Floor)		
12:00-1:00PM	Spin (Cardio Room)	Glow Spin (Cardio Room)	Spin (Cardio Room)	Glow Spin (Cardio Room)	Spin (Cardio Room)		
4:15pm-4:45pm	Kids Boot camp (Gym Floor)		Kids Boot camp (Gym Floor)		Kids Boot camp (Gym Floor)		
5:20pm-6:15pm	Boot camp (Gym Floor)	Boot camp (Gym Floor)	Boot camp (Gym Floor)	Boot camp (Gym Floor)	Boot camp (Gym Floor)		
6:30-7:30 PM		Ab Sculpt (Cardio Room)	Yoga Stretch (Cardio Room)	Ab Sculpt (Cardio Room)			
7:30-8:00 PM	Beg. Bootcamp (Cardio Room)	Glow Spin (7:15) (Cardio Room)	Beg. Bootcamp (Cardio Room)	Glow Spin (7:15) (Cardio Room)			
8:15-9:00 PM	Zumba (Gym Floor) No class on 12th	Zumba (Gym Floor) No class on 27th		Zumba (Gym Floor)			