


**INTERIM WEEK(s) June 18-July1,2018**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	<b>CYCLING</b> 5:30-6:15 Molly	<b>CARDIO</b> <b>BLAST/Core&amp;More</b> 5:30-6:30 Melissa	<b>CYCLING</b> 5:30-6:15 Melissa Rae	<b>BOOTCAMP</b> 5:30-6:30 Melissa	<b>CYCLING</b> 5:30-6:15 Melissa Rae		
6:00 AM							
6:30 AM							
7:00 AM	<b>Tabata 8-9</b> Alicia						
7:30 AM							
8:00 AM							
8:30 AM						<b>HIIT STEP</b> 8-8:45 Alicia	
9:00 AM	<b>ZUMBA</b> 9-10 Crystal <b>6/25</b> <b>only</b> <b>WOW</b> 9:30-10:30 Fitness Center John /Vince	<b>Interval Barre Strength</b> 9-10 Stacy <b>CYCLING</b> 9-10 Anne 6/19 only	<b>CYCLEn TONE</b> Anne 9-10 <b>6/20 only</b> <b>WOW</b> 9:30-10:30 John /Vince	<b>CYCLING</b> 9-10 Anne <b>6/21</b> <b>only</b> <b>CIRCUIT STATION BURN</b> 9:00-10:00 Crystal	<b>Piloxing</b> 9-10 STACY	<b>ZUMBA</b> 9-10 Alicia <b>CYCLING</b> 9-10 Lisa <b>6/23</b> <b>only</b>	<b>STEP &amp; SCULPT</b> 9:00-10:00 Kelly
9:30 AM							
10:00 AM							
10:30 AM	<b>Balance &amp; Stability</b> 10:30-11:15 <b>6/18 only</b>		<b>STRENGTH &amp; MORE</b> 10:30-11:15 Veronica <b>6/20</b> <b>only</b>	<b>Zumba</b> 10-11 Yuri	<b>STRENGTH &amp; MORE</b> 10:30-11:15 Veronica <b>6/22</b> <b>only</b>		
11:00 AM							
11:30 AM		<b>Dino Fit</b> 4-5 Crystal <b>6/26 only</b>				<b>Youth body building</b> 1-2 Isaiah	
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	<b>BOOT CAMP/ABS</b> 4:00-5:00 Kym <b>6/18 only</b>			<b>DinoFit</b> 4-5 Crystal <b>6/28</b> <b>only</b>	<b>ZUMBA</b> 5:15-6 Cat		<b>SCHEDULE REVISED</b> <b>6/6/18</b> Subject to change
4:30 PM							
5:00 PM			<b>TBW</b> 4:30-5:30 Kelly <b>6/20</b> <b>only</b> <b>CARDIO SCULPT</b> 5:30-6:30 Melissa	<b>PILATES</b> 5:00-6:00 Michelle			
5:30 PM	<b>ZUMBA</b> 5:30-6:30 Cat <b>CYCLING</b> 6-7 Lisa						
6:00 PM							
6:30 PM							
7:00 PM		<b>DANCE FITNESS</b> 6:30-7:15 Alyssa	<b>CYCLING</b> 6:00-7:00 Lisa <b>6/20 only</b>				
7:30 PM							

