


INTERIM WEEK(s) June 18-July1,2018

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

