

June 2010

SU	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		5:30-6:15 Cycle 8:45-9:35 Turbo Kick 9:40-10:40 Hatha Yoga 4:30-5:15 Cardio Sculpt 5:30-6:25 Hatha Yoga 6:35-7:35 ZUMBA	5:30-6:30 am Step 8:45-9:00 <u>ABS</u> 9:00-10:00 Strength Conditioning 10:30-11:30 SilverSneakers 4:30-5:30 PUMP 5:30-6:30 PUMP 6:35-7:35 Turbo Kick	5:30-6:15 Cycle 8:45-9:35 Turbo Kick 9:40-10:40 Hatha Yoga 4:30-5:15 Cardio Sculpt 5:30-6:25 Hatha Yoga 6:35-7:35 ZUMBA	5:30-6:30 Step 8:45-9:00 <u>ABS</u> 9:00-10:00 Step & Tone	8:15-9:15 Cycle 9:30-10:30 PUMP <u>10:35-11:15</u> <u>Latin</u> <u>Rhythms 101</u>
6	7	8	9	10	11	12
	5:30-6:30 Step 8:45-9:00 <u>ABS</u> 9:00-10:00 Step & Tone 10:30-11:30 SilverSneakers 4:30-5:30 PUMP 5:30-6:30 PUMP 6:35-7:15 Cycle	5:30-6:15 Cycle 8:45-9:35 Turbo Kick 9:40-10:40 Hatha Yoga 4:30-5:15 Cardio Sculpt 5:30-6:25 Hatha Yoga 6:35-7:35 ZUMBA	5:30-6:30 am Step 8:45-9:00 <u>ABS</u> 9:00-10:00 Strength Conditioning 10:30-11:30 SilverSneakers 4:30-5:30 PUMP 5:30-6:30 PUMP 6:35-7:35 Turbo Kick	5:30-6:15 Cycle 8:45-9:35 Turbo Kick 9:40-10:40 Hatha Yoga 4:30-5:15 Cardio Sculpt 5:30-6:25 Hatha Yoga 6:35-7:35 ZUMBA	5:30-6:30 Step 8:45-9:00 <u>ABS</u> 9:00-10:00 Step & Tone	8:15-9:15 Cycle 9:30-10:30 PUMP
13	14	15	16	17	18	19
	5:30-6:30 Step 8:45-9:00 <u>ABS</u> 9:00-10:00 Step & Tone 10:30-11:30 SilverSneakers 4:30-5:30 PUMP 5:30-6:30 PUMP 6:35-7:15 Cycle	5:30-6:15 Cycle 8:45-9:35 Turbo Kick 9:40-10:40 Hatha Yoga 4:30-5:15 Cardio Sculpt 5:30-6:25 Hatha Yoga 6:35-7:35 ZUMBA	5:30-6:30 am Step 8:45-9:00 <u>ABS</u> 9:00-10:00 Strength Conditioning 10:30-11:30 SilverSneakers 4:30-5:30 PUMP 5:30-6:30 PUMP 6:35-7:35 Turbo Kick	5:30-6:15 Cycle 8:45-9:35 Turbo Kick 9:40-10:40 Hatha Yoga 4:30-5:15 Cardio Sculpt 5:30-6:25 Hatha Yoga 6:35-7:35 ZUMBA	5:30-6:30 Step 8:45-9:00 <u>ABS</u> 9:00-10:00 Step & Tone	8:15-9:15 Cycle 9:30-10:30 PUMP
20	21	22	23	24	25	26
	5:30-6:30 Step 8:45-9:00 <u>ABS</u> 9:00-10:00 Step & Tone 10:30-11:30 SilverSneakers 4:30-5:30 PUMP 5:30-6:30 PUMP 6:35-7:15 Cycle	5:30-6:15 Cycle 8:45-9:35 Turbo Kick 9:40-10:40 Hatha Yoga 4:30-5:15 Cardio Sculpt 5:30-6:25 Hatha Yoga 6:35-7:35 ZUMBA	5:30-6:30 am Step 8:45-9:00 <u>ABS</u> 9:00-10:00 Strength Conditioning 10:30-11:30 SilverSneakers 4:30-5:30 PUMP 5:30-6:30 PUMP 6:35-7:35 Turbo Kick	5:30-6:15 Cycle 8:45-9:35 Turbo Kick 9:40-10:40 Hatha Yoga 4:30-5:15 Cardio Sculpt 5:30-6:25 Hatha Yoga 6:35-7:35 ZUMBA	5:30-6:30 Step 8:45-9:00 <u>ABS</u> 9:00-10:00 Step & Tone	8:15-9:15 Cycle 9:30-10:30 PUMP
27	28	29	30			
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8:00am-12:00 pm
4:30 pm-8:00 pm
Fri. 8:00am-12:00 pm
Sat. 8:00am-11:00 am

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