

June

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 7:00 Spin 12:00 Boot Camp	4 7:00 LIA 12:00 Yoga 1:15 Yoga	5 7:00 Spin 12:00 Toning	6 7:00 LIA 12:00 Spin	7 7:00 Spin - Joe	8
9	10 7:00 Spin 12:00 Boot Camp	11 7:00 LIA 12:00 Yoga 1:15 Yoga	12 7:00 Spin 12:00 Toning	13 7:00 LIA 12:00 Spin	14 7:00 Spin - Stacy	15
16	17 7:00 Spin 12:00 Boot Camp	18 7:00 LIA 12:00 Yoga 1:15 Yoga	19 7:00 Spin 12:00 Toning	20 7:00 LIA 12:00 Spin	21 7:00 Spin	22
23	24 7:00 Spin 12:00 Boot Camp	25 7:00 LIA 12:00 Yoga 1:15 Yoga	26 7:00 Spin 12:00 Toning	27 7:00 LIA 12:00 Spin	28 7:00 Spin	29
30						

July

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7:00 Spin 12:00 Boot Camp	2 7:00 LIA 12:00 Yoga 1:15 Yoga	3 7:00 Spin 12:00 Toning	4 No Classes	5 7:00 Spin	6
7	8 7:00 Spin 12:00 Boot Camp	9 7:00 LIA 12:00 Yoga 1:15 Yoga	10 7:00 Spin 12:00 Toning	11 7:00 LIA 12:00 Spin	12 7:00 Spin	13
14	15 7:00 Spin 12:00 Boot Camp	16 7:00 LIA 12:00 Yoga 1:15 Yoga	17 7:00 Spin 12:00 Toning	18 7:00 LIA 12:00 Spin - Tammie	19 7:00 Spin	20
21	22 7:00 Spin 12:00 Boot Camp	23 7:00 LIA 12:00 Yoga 1:15 Yoga	24 7:00 Spin 12:00 Toning	25 7:00 LIA 12:00 Spin	26 7:00 Spin	27
28	29 7:00 Spin 12:00 Boot Camp	30 7:00 LIA 12:00 Yoga 1:15 Yoga	31 7:00 Spin 12:00 Toning			

August

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 7:00 LIA 12:00 Spin	2 7:00 Spin	3
4	5 7:00 Spin 12:00 Boot Camp	6 7:00 LIA 12:00 Yoga 1:15 Yoga	7 7:00 Spin 12:00 Toning	8 7:00 LIA 12:00 Spin	9 7:00 Spin	10
11	12 7:00 Spin 12:00 Boot Camp	13 7:00 LIA 12:00 Yoga 1:15 Yoga	14 7:00 Spin 12:00 Toning	15 7:00 LIA 12:00 Spin	16 7:00 Spin	17
18	19 7:00 Spin 12:00 Boot Camp	20 7:00 LIA 12:00 Yoga 1:15 Yoga	21 7:00 Spin 12:00 Toning	22 7:00 LIA 12:00 Spin	23 7:00 Spin	24
25	26 7:00 Spin 12:00 Boot Camp	27 7:00 LIA	28 7:00 Spin 12:00 Toning	29 7:00 LIA 12:00 Spin	30 7:00 Spin	31

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