



Fitness Class Schedule



JUNE 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00-10:00am Kickboxing - Melissa	2 9:00-10:00am Chisel - Alyce	3 9:00-10:00am Yoga - Callie	4 8:00-9:00am Boot Camp -Holly
6 8:30-9:30am Yoga - Sharon 6:00-7:00pm -Priscilla Cardio Kickbox	7 9:00-10:00am Cardio Blast - Holly	8 9:00-10:00am Kickboxing- Melissa	9 9:00-10:00am Chisel - Alyce	10 9:00-10:00am Yoga - Callie	11 8:00-9:30am -Priscilla Summer Blast Challenge Class (90 MINUTES)
13 8:30-9:30am Yoga - Sharon 6:00-7:00pm -Priscilla Cardio Kickbox	14 9:00-10:00am - Kendra Interval and Strength	15 9:00-10:00 - Melissa Instructor Choice	16 9:00-10:00am Chisel - Alyce	17 9:00-10:00am Yoga - Callie	18 8:00-9:00am Boot Camp- Melissa
20 8:30-9:30am Yoga - Sharon 6:00-7:00pm -Priscilla Cardio Kickbox	21 9:00-10:00am Core and More - Holly	22 9:00-10:00am Kickboxing- Melissa	23 9:00-10:00am Chisel - Alyce	24 9:00-10:00am Yoga - Callie	25 8:00-9:00am Boot Camp- Holly
27 8:30-9:30am Yoga - Sharon 6:00-7:00pm -Priscilla Cardio Kickbox	28 9:00-10:00am Bootcamp - Holly	29 9:00-10:00am - Kendra Instructor Choice	30 9:00-10:00am Chisel - Alyce		