



June 2017

Group Exercise Schedule



Mon	Tue	Wed	Thu	Fri	Sat
	Questions/Comments/Concerns: Chrissyboza@yahoo.com *Schedule and Instructors subject to change*		1 9:15AM ZUMBA Betsy 5:30PM Cardio Sculpt Tara 6:45PM Yoga	2 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy/Chrissy	3 9:00AM HIIT Chrissy 10:15AM Yoga
4	5 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy	6 9:15AM XTRAIN Chrissy 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	7 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Beth 6:30PM ZUMBA Briana	8 9:15AM ZUMBA Betsy 5:30PM Cardio Sculpt Tara 6:45PM Yoga	9 9:15AM Circuit Training Maura 10:00AM Mat Pilates Maura 5:30 PM ZUMBA Betsy PILOXING
11	12 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy	13 9:15AM XTRAIN Chrissy 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	14 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Laurie 6:30PM ZUMBA Briana	15 9:15AM ZUMBA Betsy 5:30PM Cardio Sculpt Tara 6:45PM Yoga	16 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy
18	19 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy	20 9:15AM XTRAIN Chrissy 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	21 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy	22 9:15AM ZUMBA Betsy 5:30PM Cardio Sculpt Tara 6:45PM Yoga	23 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy
25	26 9:15AM Interval Training 101 Betsy 5:30PM ZUMBA Chrissy 6:30PM Kardio Karate Chrissy	27 9:15AM XTRAIN Chrissy 5:00PM HIIT IT Hard Tara 5:30PM Piloxing Tara 6:45PM Yoga	28 9:15AM Circuit Training Maura 10:30AM Yoga Rachel 5:30 PM HIIT Chrissy 6:30PM ZUMBA Chrissy	29 9:15AM ZUMBA Betsy 5:30PM Cardio Sculpt Tara 6:45PM Yoga	30 9:15AM Circuit Training Colleen 10:00AM Mat Pilates Colleen 5:30 PM ZUMBA Betsy