

June 2018

FITNESS, DANCE, AND EXERCISE SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

June 2018						
Su	Mo	Tu	We	Th	Fr	Sa
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July 2018						
Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

	Monday	Tuesday	Wednesday	Thursday	Friday
	May 28	29	30	31	Jun 1
May 28 - Jun 1	HAPPY FATHER'S DAY SUMMER BEGINS JUNE 21				9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
	4	5	6	7	8
Jun 4 - 8	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa	9:00am Pump it Up w/Maria 10:30am Zumba Gold w/Suzanne 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
	11	12	13	14	15
Jun 11 - 15	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa	9:00am Pump it Up w/Maria 10:30am Zumba Gold w/Suzanne 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria 10:30am Tai Chi Chih w/Dan	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
	18	19	20	21	22
Jun 18 - 22	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa	9:00am Pump it Up w/Maria 10:30am Zumba Gold w/Suzanne 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne
	25	26	27	28	29
Jun 25 - 29	9:00am Pump it Up w/Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne	9:30am Tai Chi Chih w/Dan 11:00am Yoga Stretch w/Lisa	9:00am Pump it Up w/Maria 10:30am Zumba Gold w/Suzanne 1:00pm Total Body Solution w/Suzanne	9:00am Yoga w/ Maria	9:00am Pump it Up w/ Suzanne 10:30am Shaping Up - Sitting Down w/Suzanne 1:00pm Total Body Solution w/Suzanne