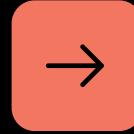


Class Schedule



JUNE



2024

PEDAL + PUMP C.S.I 45 + 15 20 + 20 + 20 Spin + Weights/Core Cardio, Strength & Interval	
Monday	7:30AM to 8:30AM
Wednesday	7:30AM to 8:30AM
Friday *C.S.I.	7:30AM to 8:30AM

MAT PILATES	
Monday	9:00AM to 10:00AM
Wednesday	9:00AM to 10:00AM
Friday	9:00AM to 10:00AM

SPIN-IT **NO CLASS 6/15 30-30 Spin + HIIT	
Wednesday	4:30PM to 5:30PM
Saturday	7:30AM to 8:30AM

SUB: 6/3 & 6/17 **NO CLASS 6/1, 6/15 & 6/22 HIIT	
Monday	5:15PM to 6:15PM
Saturday	10:00AM to 11:00AM

YOGA	
Tuesday	8:30AM to 9:30AM
Thursday	8:30AM to 9:30AM

SUB: 6/13 **NO CLASS 6/15 ZUMBA	
Tuesday	5:15PM to 6:15PM
Thursday	5:15PM to 6:15PM
Saturday	8:45AM to 9:45AM

Ages 9-18 Welcome	
BALLET	
Wednesday	5:30PM to 6:30PM



1ST ANNUAL SPOT GAMES - 6/15 **NO CLASSES