

JUNE 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:00am Total Body *5:00pm Bag Blast/Kickbox 6:00pm Kettlebell 7:00pm 30/30** <i>Strength/Zumba</i>	2 6:00am Circuit Bootcamp 9:30am Zumba Toning *9am-9:30am Boxing Circuit	3 8:00am <i>Kettlebell Strike</i> 9:00am Zumba 10:00am Bootcamp *10am Bag Blast Kickboxing
4	5 6:00am Circuit Bootcamp 9:00am PIYO (Pilates/Yoga) 10:05 am Piloxing/Knockout 5:15pm *TRX/KETTLE 6:00pm Zumba 7:15pm Circuit Bootcamp *6:00pm Bag Blast Boxing	6 9:00am Women's Only Body Sculpt 5:00pm Circuit Bootcamp 6:00pm Cardio Drumming *7:00pm Bag Blast Boxing Drop In to boxing \$5 mem/\$10 non mem	7 6:00am Circuit Bootcamp 9:00am Burn 360 6:00pm Cardio Shimmy 7:10pm Ballet Core Pilates	8 9:00am Total Body *5:00pm Bag Blast/Kickbox 6:00pm Kettlebell 7:00pm 30/30** <i>Strength/Zumba</i>	9 6:00am Circuit Bootcamp 9:30am Zumba Toning *9am-9:30am Boxing Circuit	10 8:00am <i>Kettlebell Strike</i> 9:00am Zumba 10:00am Bootcamp *10am Bag Blast Kickboxing
11	12 6:00am Circuit Bootcamp 9:00am PIYO (Pilates/Yoga) 10:05 am Piloxing/Knockout 5:15pm *TRX/KETTLE 6:00pm Zumba 7:15pm Circuit Bootcamp *6:00pm Bag Blast Boxing	13 9:00am Women's Only Body Sculpt 5:00pm Circuit Bootcamp 6:00pm Cardio Drumming *7:00pm Bag Blast Boxing Drop In to boxing \$5 mem/\$10 non mem	14 6:00am Circuit Bootcamp 9:00am Burn 360 6:00pm Cardio Shimmy 7:10pm Ballet Core Pilates	15 9:00am Total Body *5:00pm Bag Blast/Kickbox 6:00pm Kettlebell 7:00pm 30/30** <i>Strength/Zumba</i>	16 6:00am Circuit Bootcamp 9:30am Zumba Toning *9am-9:30am Boxing Circuit	17 8:00am <i>Kettlebell Strike</i> 9am ZUMBA PARTY! 10:00am Bootcamp *10am Bag Blast Kickboxing 9am- Schools Out Zumba JAM! \$5 with Kara and Lourdes
18	19 6:00am Circuit Bootcamp 9:00am PIYO (Pilates/Yoga) 10:05 am Piloxing/Knockout 5:15pm *TRX/KETTLE 6:00pm Zumba 7:15pm Circuit Bootcamp *6:00pm Bag Blast Boxing	20 9:00am Women's Only Body Sculpt 5:00pm Circuit Bootcamp 6:00pm Cardio Drumming *7:00pm Bag Blast Boxing Drop In to boxing \$5 mem/\$10 non mem	21 6:00am Circuit Bootcamp 9:00am Burn 360 6:00pm Cardio Shimmy 7:10pm Ballet Core Pilates	22 9:00am Total Body *5:00pm Bag Blast/Kickbox 6:00pm Kettlebell 7:00pm 30/30** <i>Strength/Zumba</i>	23 6:00am Circuit Bootcamp 9:30am Zumba Toning *9am-9:30am Boxing Circuit	24 8:00am <i>Kettlebell Strike</i> 9:00am Zumba 10:00am Bootcamp *10am Bag Blast Kickboxing
	26 6:00am Circuit Bootcamp 9:00am PIYO (Pilates/Yoga) 10:05 am Piloxing/Knockout 5:15pm *TRX/KETTLE 6:00pm Zumba 7:15pm Circuit Bootcamp *6:00pm Bag Blast Boxing	27 9:00am Women's Only Body Sculpt 5:00pm Circuit Bootcamp 6:00pm Cardio Drumming *7:00pm Bag Blast Boxing Drop In to boxing \$5 mem/\$10 non mem	28 6:00am Circuit Bootcamp 9:00am Burn 360 6:00pm Cardio Shimmy 7:10pm Ballet Core Pilates	29 9:00am Total Body *5:00pm Bag Blast/Kickbox 6:00pm Kettlebell 7:00pm 30/30** <i>Strength/Zumba</i>	30 6:00am Circuit Bootcamp 9:30am Zumba Toning *9am-9:30am Boxing Circuit	