

# JUNE 2017 STUDIO X CLASS SCHEDULE

| Sunday  | Monday  | Tuesday  | Wednesday                           | Thursday                              | Friday  | Saturday  |
|---|---|--|-------------------------------------|---------------------------------------|---|---|
| <b>TUESDAY SS STRONG<br/>10:30 CANCELLED<br/>FOR SUMMER!</b>  |   | <b>CLASS FORMAT GUIDE:</b><br>SurfSet STRONG: COMBINATION OF STRENGTH TRAINING & CARDIO<br>SurfSet BLEND: BALANCE & WEIGHT WORK (45 min)<br>SurfSet CORE: BALANCE & CORE TRAINING (45 min)<br>SurfSet Build: STRENGTH & CORE<br>B-BOB: BALANCE BODIES FOR OPTIMUM PERFORMANCE (45 min) |                                     | 1<br><br>9:30 <b>SS BUILD</b> SHIRIN  | 2<br><br>6:00 <b>ASHTANGA/<br/>VINYASA</b> DEBBIE<br>9:15 <b>SS-CORE</b> SHIRIN<br>10:05 <b>B-BOP</b> MICHAEL   | 3<br><br>8:15 <b>SS-BLEND</b> MALKY<br>9:00 <b>CARDIO-LT</b> RUSTY<br>10:00 <b>YOGA MOMS</b> NICOLE   |
| 4<br><br>6:00 <b>MAT<br/>PILATES</b> PATTI<br>9:30 <b>SLOW<br/>FLOW</b> KARINA<br>10:45 <b>B-BOP</b> MICHAEL  | 5<br><br>6:00 <b>MAT<br/>PILATES</b> PATTI<br>9:30 <b>SLOW<br/>FLOW</b> KARINA<br>10:45 <b>B-BOP</b> MICHAEL  | 6<br><br>8:00 <b>ASHTANGA</b> KATHLEEN<br>4:30 <b>YOGA/BARRE</b> LISA  | 7<br><br>9:30 <b>VINYASA</b> MOLLY  | 8<br><br>9:30 <b>SS BUILD</b> SHIRIN  | 9<br><br>6:00 <b>ASHTANGA/<br/>VINYASA</b> MICHAEL<br>9:15 <b>SS-CORE</b> SHIRIN<br>10:05 <b>B-BOP</b> MICHAEL  | 10<br><br>8:15 <b>SS-BLEND</b> SHIRIN<br>9:00 <b>CARDIO-LT</b> RUSTY<br>10:00 <b>YOGA MOMS</b> LAUREN |
| 11<br><br>6:00 <b>MAT<br/>PILATES</b> PATTI<br>9:30 <b>SLOW<br/>FLOW</b> KARINA<br>10:45 <b>B-BOP</b> MICHAEL | 12<br><br>6:00 <b>MAT<br/>PILATES</b> PATTI<br>9:30 <b>SLOW<br/>FLOW</b> KARINA<br>10:45 <b>B-BOP</b> MICHAEL | 13<br><br>8:00 <b>ASHTANGA</b> MOLLY<br>4:30 <b>YOGA/BARRE</b> LISA  | 14<br><br>9:30 <b>VINYASA</b> MOLLY | 15<br><br>9:30 <b>SS BUILD</b> SHIRIN | 16<br><br>6:00 <b>ASHTANGA/<br/>VINYASA</b> DEBBIE<br>9:15 <b>SS-CORE</b> SHIRIN<br>10:05 <b>B-BOP</b> MICHAEL  | 17<br><br>8:15 <b>SS-BLEND</b> SHIRIN<br>9:00 <b>CARDIO-LT</b> RUSTY<br>10:00 <b>YOGA MOMS</b> LAUREN |
| 18<br><br>6:00 <b>MAT<br/>PILATES</b> PATTI<br>9:30 <b>SLOW<br/>FLOW</b> KARINA<br>10:45 <b>B-BOP</b> MICHAEL | 19<br><br>6:00 <b>MAT<br/>PILATES</b> PATTI<br>9:30 <b>SLOW<br/>FLOW</b> KARINA<br>10:45 <b>B-BOP</b> MICHAEL | 20<br><br>8:00 <b>ASHTANGA</b> KATHLEEN<br>4:30 <b>YOGA/BARRE</b> LISA   | 21<br><br>9:30 <b>VINYASA</b> MOLLY | 22<br><br>9:30 <b>SS BUILD</b> SHIRIN | 23<br><br>6:00 <b>ASHTANGA/<br/>VINYASA</b> MICHAEL<br>9:15 <b>SS-CORE</b> SHIRIN<br>10:05 <b>B-BOP</b> MICHAEL | 24<br><br>8:15 <b>SS-BLEND</b> SHIRIN<br>9:00 <b>CARDIO-LT</b> RUSTY<br>10:00 <b>YOGA MOMS</b> LAUREN |
| 25<br><br>6:00 <b>MAT<br/>PILATES</b> PATTI<br>9:30 <b>SLOW<br/>FLOW</b> MOLLY<br>10:45 <b>B-BOP</b> MICHAEL  | 26<br><br>6:00 <b>MAT<br/>PILATES</b> PATTI<br>9:30 <b>SLOW<br/>FLOW</b> MOLLY<br>10:45 <b>B-BOP</b> MICHAEL  | 27<br><br>8:00 <b>ASHTANGA</b> MOLLY<br>4:30 <b>YOGA/BARRE</b> LISA  | 28<br><br>9:30 <b>VINYASA</b> MOLLY | 29<br><br>9:30 <b>SS BUILD</b> SHIRIN | 30<br><br>6:00 <b>ASHTANGA/<br/>VINYASA</b> DEBBIE<br>9:15 <b>SS-CORE</b> SHIRIN<br>10:05 <b>B-BOP</b> MICHAEL  |   |