

JUNE 2022 GROUPX & SPIN

PLEASE SEE APP FOR MOST ACCURATE SCHEDULE

						1 5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9:30 STRICTLY STRGTH ABBY SPIN (30/30) AMIRA 11 MUSCLE MAX LT VICTORIA 12 SPIN (C4LIFE) JOE 4:30 RESTORATIVE YOGA CARYN 5:30 ZUMBA FUSION PATRICIA SPIN (B&B) ADRIENNE 6 VINYASA LAUREN 6:30			2 5:45 BOOTCAMP(GYM) LIZ 8:30 PILATES CORE LAURA 9:30 CARDIO BOX SHIRIN 9:30 CARDIO COMBO PATTY 10:30 SLOW FLOW VINYASA CARYN 5:30 STRICTLY STRGTH MEGAN 6:30 KICKBOXING CHARLIE			3 5:45 SPIN B&B LIZ 8 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9:15 SPIN & COREXL AMIRA 9:30 BOOTCAMP (GYM) ABBY 9:30 CIRCUIT STRNTH ANDY			4 8 SPIN (AT) AMY 8 HATHA SUE 9:15 SPIN XL MEGAN 9:30 STEP & STRNGTH ABBY 10:30 GLUTES & CORE ABBY 11 KICKBOXING CHARLIE					
5 8 PILATES PATTI SPIN (AT) SHIRIN 9 STEP & WEIGHT PATTY 10:15 HATHA/VIN CARYN 10 BOOTCAMP ABBY			6 5:45 SPIN (XP) AMIRA 8 SLOW FLOW SUE 9:15 SPIN (XL) 75 MIN SHIRIN 9:30 CARDIO-BARRE ANDY 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YOGA CARYN 5 ZUMBA FUSION PATRICIA 6 CARDIO & CORE MEGAN 6 SPIN (XP) NIKKI			7 5:45 BOOTCAMP (GYM) AMIRA 8:30 BALANCE (STX) SUE 8:30 PILATES CORE LAURA 9:30 CARDIO BOX (GYM) ABBY 3-2-1 ANDY 10:30 YOGA BLEND ANDY HATHA STEPH 6:30 KICKBOXING CHARLIE			8 5:45 SPIN & STRETCH CINDY 8 HATHA MICHAEL 9:30 STRICTLY STRGTH ABBY 9:30 SPIN (30/30) AMIRA 11 MUSCLE MAX LT VICTORIA 12 SPIN (C4LIFE) JOE 4:30 RESTORATIVE YOGA CARYN 5:30 ZUMBA FUSION PATRICIA 6 SPIN (B&B) ADRIENNE 6:30 VINYASA LAUREN			9 5:45 BOOTCAMP(GYM) LIZ 8:30 PILATES CORE LAURA 9:30 CARDIO BOX SHIRIN 9:30 CARDIO COMBO PATTY 10:30 SLOW FLOW CARYN 5:30 STRICTLY STRGTH MEGAN 6:30 KICKBOXING CHARLIE			10 5:45 SPIN B&B LIZ 8 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9:15 SPIN & CORE XL AMIRA 9:30 BOOTCAMP (GYM) ABBY 9:30 CIRCUIT STRNTH ANDY			11 8 SPIN (AT) AMY 8 HATHA SUE 9:15 SPIN XL MEGAN 9:15 STEP & WEIGHTS PATTY 10:30 GLUTES & CORE ABBY 11 KICKBOXING CHARLIE		
12 8 PILATES PATTI SPIN (AT) SHIRIN 10:15 HATHA/VIN MIKE 10 BOOTCAMP (GYM) ABBY			13 5:45 SPIN (XP) AMIRA 8 SLOW FLOW SUE 8:15 SPIN (XL) 75 MIN SHIRIN 9:30 CARDIO-BARRE ANDY 11 MUSCLE MAX LT VICTORIA 4 RESTORATIVE YOGA CARYN 5 ZUMBA FUSION PATRICIA 6 CARDIO & CORE MEGAN 6 SPIN (XP) NIKKI			14 5:45 BOOTCAMP (GYM) AMIRA 8:30 BALANCE (STX) SUE 8:30 PILATES CORE LAURA 9:30 3-2-1 MEGAN 9 CARDIO BOX (GYM) ABBY 10:30 YOGA BLEND MICHAEL HATHA STEPH 6:30 KICKBOXING CHARLIE			15 5:45 SPIN & STRETCH REBECCA 8 HATHA MICHAEL 9:30 STRICTLY STRGTH ABBY SPIN 30/30 AMIRA 11 MUSCLE MAX LT VICTORIA 12 SPIN (C4LIFE) JOE 4:30 RESTORATIVE YOGA CARYN 5:30 ZUMBA FUSION PATRICIA 6 SPIN (B&B) ADRIENNE 6:30 VINYASA LAUREN			16 5:45 BOOTCAMP(GYM) LIZ 8:30 PILATES CORE LAURA 9 CARDIO BOX SHIRIN 3-2-1 ANDY 10:30 SLOW FLOW CARYN 5:30 STRICTLY STRGTH MEGAN 6:30 KICKBOXING CHARLIE			17 5:45 SPIN B&B AMIRA 8 HATHA MICHAEL 8 EARLY BIRD BOX SHIRIN 9:15 SPIN & CORE SHIRIN 9 BOOTCAMP (GYM) ABBY 9:30 CIRCUIT STRNTH ANDY			18 8 SPIN (AT) AMY 8 HATHA SUE 9:15 SPIN XL MEGAN 9:15 STEP & WEIGHTS PATTY 10:30 ZUMBA FUSION PATRICA 11 KICKBOXING CHARLIE		
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