

JUNE SCHEDULE ~ Aerobics/Yoga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6:00-7:30 Yoga/Jess	3 12:00-1:00 Training/Jim 1:00-2:00 Yoga/Terry 5:30-6:15 Kickboxing 6:15-7:00 Abs & More 7:00-7:45 Karate (private class)	4 6:00-7:30 Yoga/Jess	5 9:30-10:30 Beg. Yoga/J 1:00-2:00 Yoga/Jess 5:30-6:30 Zumba 6:30-7:00 Matwork	6 5:30-6:15 Karate (private class)	7 10:00-11:00 Step 11:00-11:30 Sculpt/Tone 11:30-12:15 Karate (private class)
8	9 6:00-7:30 Yoga/Jess	10 12:00-1:00 Training/Jim 1:00-2:00 Yoga/Terry 5:30-6:15 Kickboxing 6:15-7:00 Abs & More 7:00-7:45 Karate (private class)	11 6:00-7:30 Yoga/Jess	12 9:30-10:30 Beg. Yoga/J 1:00-2:00 Yoga/Jess 5:30-6:30 Zumba 6:30-7:00 Matwork	13 5:30-6:15 Karate (private class)	14 10:00-11:00 Step 11:00-11:30 Sculpt/Tone 11:30-12:15 Karate (private class)
15	16 6:00-7:30 Yoga/Jess	17 12:00-1:00 Training/Jim 1:00-2:00 Yoga/Terry 5:30-6:15 Kickboxing 6:15-7:00 Abs & More 7:00-7:45 Karate (private class)	18 6:00-7:30 Yoga/Terry	19 9:30-10:30 Beg. Yoga/T 1:00-2:00 Yoga/Terry 5:30-6:30 Zumba 6:30-7:00 Matwork	20 5:30-6:15 Karate (private class)	21 10:00-11:00 Step 11:00-11:30 Sculpt/Tone 11:30-12:15 Karate (private class)
22	23 6:00-7:30 Yoga/Jess	24 12:00-1:00 Training/Jim 1:00-2:00 Yoga/Terry 5:30-6:15 Kickboxing 6:15-7:00 Abs & More 7:00-7:45 Karate (private class)	25 6:00-7:30 Yoga/Jess	26 9:30-10:30 Beg. Yoga/J 1:00-2:00 Yoga/Jess 5:30-6:30 Zumba 6:30-7:00 Matwork	27 5:30-6:15 Karate (private class)	28 10:00-11:00 Step 11:00-11:30 Sculpt/Tone 11:30-12:15 Karate (private class)
29	30 6:00-7:30 Yoga/Jess					