

June 2017

Pool Classes M/W weather depending otherwise at Studio @ 12:00				Thur 1 Strength Classes 12:00-12:30 5:30- 6:15	Fri 2	Sat 3 7:30 Full Body
4	5 12:00—1230 Pool start –weather dep. 5:30-6:15 Cardio	6 Strength Classes 12:00—12:30 5:30-6:15	7 12:00—12:30 5:30-6:15 Flexibility	8 Strength Classes 12:00-12:30 5:30—6:15	9	10 7:30 Full Body
11	12 12:00—1230 5:30-6:15 Cardio	13 Strength Classes 12:00—12:30 5:30-6:15	14 12:00—12:30 5:30-6:15 Flexibility	15 Strength Classes 12:00—12:30 5:30-6:15	16	17 7:30 Full Body
18	19 12:00—1230 5:30-6:15 Cardio	20 Strength Classes 12:00—12:30 5:30-6:15	21 12:00—12:30 5:30-6:15 Flexibility	22 Strength Classes 12:00—12:30 5:30-6:15	23	24 7:30 Full Body
25	26 12:00—1230 5:30-6:15 Cardio	27 Strength Classes 12:00—12:30 5:30-6:15	28 12:00—12:30 5:30-6:15 Flexibility	29 Strength Classes 12:00—12:30 5:30-6:15	30	

