

## JUNE 2016 FITNESS SCHEDULE

| M  | T   | W   | T   | F   | S  | S   |
|--|---|---|---|---|--|---|
| <b>Boot Camp</b><br>60 minutes<br>Claudia<br>8:30 am       | <b>Yoga</b><br>60 minutes<br>Alexandra<br>7:30 am                     | <b>Indoor Cycling</b><br>60 minutes<br>Melody<br>8:30am         | <b>Yoga</b><br>60 minutes<br>Alexandra<br>7:30 am                     | <b>Yoga</b><br>60 minutes<br>Laura<br>7:30 am               | <b>Yoga</b><br>60 minutes<br>Marleen<br>9:00 am              | <b>Indoor Cycling</b><br>45 minutes<br>Shebah<br>9:15 AM                  |
| <b>Pilates Allegro</b><br>60 minutes<br>Valerie<br>9:00 am | <b>Indoor Cycling</b><br>60 minutes<br>Alejandro<br>9:00 am           | <b>Yoga</b><br>60 minutes<br>Alexandra<br>9:00 am               | <b>Indoor Cycling &amp; Sculpt</b><br>90 minutes<br>Robert<br>9:00 am | <b>Sculpting</b><br>60 minutes<br>Nate<br>8:30 am           | <b>Indoor cycling</b><br>60 minutes<br>Alejandro<br>9:30am   | <b>Pilates Allegro</b><br>Jumpboard<br>60 minutes<br>Valerie ◀<br>10:15am |
| <b>Sculpt</b><br>60 minutes<br>Claudia<br>9:30 am          | <b>Dance it Off!</b><br>60 minutes<br>Osvaldo<br>9:30 am              | <b>Pilates Allegro</b><br>60 minutes<br>Linda ◀<br>10:00 am     | <b>Pilates Allegro</b><br>60 minutes<br>Valerie ◀<br>10:00 am         | <b>Matt Pilates</b><br>60 minutes<br>Ann-Marie<br>8:45 am   | <b>Pilates Allegro</b><br>60 minutes<br>Valerie ◀<br>10:15am | <b>Yoga Fusion</b><br>90 minutes<br>Laurie<br>12:00 pm                    |
| <b>Iyengar Yoga</b><br>60 minutes<br>Marleen<br>10:00am    | <b>Pilates Allegro</b><br>60 minutes<br>Valerie ◀<br>10:00 am         | <b>Boot Camp</b><br>45 minutes<br>Shebah<br>10:00 am            | <b>Sculpt</b><br>60 minutes<br>Claudia<br>10:30 am                    | <b>Yoga</b><br>60 minutes<br>Marleen<br>9:45 am             | <b>Circuit Training</b><br>90 minutes<br>Nate<br>10:30am     |   |
| <b>Indoor Cycling</b><br>60 minutes<br>Robert<br>11:00 am  | <b>Abs of Steel</b><br>30 minutes<br>Shebah<br>10:30 am               | <b>Water Workout</b><br>60 minutes<br>Alexandra<br>10:15 am     | <b>Indoor cycling</b><br>60 minutes<br>Shebah<br>5:30pm               | <b>Barre</b><br>60 minutes<br>Linda<br>9:30 am              |  |   |
| <b>Indoor Cycling</b><br>60 minutes<br>Shebah<br>5:30 pm   | <b>Sculpting</b><br>45 minutes<br>Shebah<br>11:00 am                  | <b>Indoor cycling</b><br>60 minutes<br>Robert<br>5:30pm         |   | <b>Pilates Allegro</b><br>60 minutes<br>Linda ◀<br>10:45 am |  |   |
| <b>Yoga Fusion</b><br>60 minutes<br>Laurie<br>7:00 pm      | <b>Indoor Cycling &amp; Sculpt</b><br>90 minutes<br>Robert<br>6:15 pm | <b>Yoga &amp; Meditation</b><br>60 minutes<br>Laurie<br>7:00 pm |   | <b>Water Workout</b><br>60 minutes<br>Alexandra<br>11:00 am |  |   |
|  |   |   |   | <b>Indoor cycling</b><br>60 minutes<br>Noel<br>5:30pm       |  |   |