

# QC ALL FIT FITNESS CALENDAR

## JUNE 2017

	MON	TUE	WED	THU	FRI	SAT
5:45	BAR 2 BAR	BAR 2 BAR	BAR 2 BAR	BAR 2 BAR	BAR 2 BAR	INSTRUCTORS CHOICE: 8:30AM
6:30	CIRCUIT/I/N	CIRCUIT/AH	-----	CIRCUIT/I/N	CIRCUIT/AH	
8:00	ZUMBA		TRX (8:30)	ZUMBA		
8:30	POUND 8:45					
4:00	<b>OPEN FLOOR</b>	<b>OPEN FLOOR</b>	<b>OPEN FLOOR</b>	<b>OPEN FLOOR</b>		
5:00	CIRCUIT/MATT	CIRCUIT/I/N	CIRCUIT/MATT	CIRCUIT/AH		
5:30						
5:35	ZUMBA BURST	ZUMBA BURST	ZUMBA BURST	POUND		
6:00	QUICKY	QUICKY	QUICKY			
6:15						

**OPEN FLOOR - COME IN AND DO THE POSTED WORKOUT OF THE DAY OR YOUR OWN!**

**CIRCUIT - CLASS SHAPING YOU WITH THE BEST OF ALL WE HAVE TO OFFER! HIIT - TABATA CIRCUIT!**

**POP UP CLASSES - BE AWARE THAT WE WILL DEMO OR PRESENT A CLASS JUST FOR FUN AT ANYTIME :)**

**QUICKY - AN END OF THE DAY CHALLENGE! 5 - 15 MINUTES OF FUN, LOL!!!!!!**