

SOUND FITNESS GROUP EX SCHEDULE - JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45-6:30 CYCLE Brooke		8:00- 8:30 GUIDED MEDITATION Mary		
8:30-9:00 CORE Brooke	8:00-9:00 YOGA Mary	8:45-9:45 BODYPUMP Brooke	8:45-9:45 YOGA FLOW Mary	8:30-9:00 CORE Brooke	June 2 @ 9:00AM BODY PUMP w/ Amie
9:00-9:45 Les Mills TONE Brooke	9:00-10:00 ZUMBA TONING Melanie	9:00-10:00 PIYO LIVE Melanie	9:00-10:00 ZUMBA Melanie	9:00-9:45 LesMills TONE Keatha	June 9 @ 9:00AM LesMills TONE w/ Keatha
10:00-11:00 YOGA Mary	10:00-11:00 CYCLE David	10:00-11:00 YOGA Mary	10:00-10:45 BARRE Keatha	10:00-11:00 BODYPUMP Brooke	June 16 @ 9:00 AM YOGA w/Mary
11:15-12:00 SENIOR STRENGTH & MOTION Mary			10:00 - 11:00 CYCLE David		June 23 @ 9:00 AM ZUMBA TONING w/MelanieY
		2:30-4:00 TAI CHI Jan	11:00-11:45 SENIOR STRENGTH & MOTION Glenn		June 30 @ 9:00 AM CYCLE w/Brooke
	5:30-6:15 YOGA FLOW Mary	5:30-6:00 CORE Brooke			
6:00-7:00 BODYPUMP Amie / Brooke	6:15-7:00 LesMills TONE Keatha	6:00-6:30 HIIT CYCLE Brooke			
		6:00-7:00 ZUMBA TONING Melanie	6:15-7:15 BODYPUMP Amie /Brooke		

HapKiDo*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00-4:30 Pee Wee Class	5:00-6:00 Adult	4:00-4:30 Pee Wee Class	5:00-6:00 Adult		11:00 HapKiDo
4:30-5:30 Youth		4:30-5:30 Youth			

Club Hours:
Monday-Friday 5:30am - 9:00 pm
Saturday 8:00 am - 3:00 pm
Sunday 1:00 - 5:00 pm

Schedule effective 06/01/2018. Classes are subject to change. See our Facebook page for the latest updates. Class participants must wear rubber soled athletic shoes in classes except yoga and Piyo.
 *There is an additional fee for participation in HapKiDo classes.