

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|------------------------|
| <h1>PHYSIQUES</h1> <p><i>Inspire Yourself</i></p> <p>JUNE 2017</p> <div style="border: 1px solid black; padding: 5px; width: fit-content;"> CLUB HOURS MON-THURS 5AM-9PM FRI 5AM-7PM SAT 8AM-4PM SUN 1PM-4PM CHILDCARE HOURS MON-SAT </div> | | | 1 | 2 | 3 |
| | | | 8:30AM TABATA YOGA-TH 9:30AM AQUA -KT 12:15PM TONING-AL 4:30PM TABATA YOGA-TH 5:30PM SPIN- MC 5:30PM BOOTYBALLET -TH 6:30-RIPPED-EW | 5:00AM INTERVALTRAINING -BT 7:45AM PILATES- CL 8:30AM FUNKIE/TONE -CL 9:30AM BCEXPLOSION -AD | 9:30AM POWERPILATES-BT |
| 5 | 6 | 7 | 8 | 9 | 10 |
| 5:00AM POWERPUMP-BT 8:30AM PILATES -CL 9:00AM SPIN-T 9:30AM CARDIO/TONE-KT 4:30 GORGEOUS GLUTES-AD 5:30PM SPIN -MC 5:30PM PLYO&TONE - T 6:30PM METABOLIC -TC | 8:30AM YOGA&STRETCH -TH 9:30AM RIPPED-CG 12:15PM FUNKIE FUSION -AL 4:30PM BOOTY BALLET -TH 5:30PM CARDIOKICK -BG 5:30PM AQUA- NT 6:30PM ZUMBA - BP | 5:00AM POWER PILATES -BT 8:30AM PURPOSE PILATES -CL 9:05AM SPIN -MB 9:30AM BOOTYBALLET -TH 12:15- POUND-ST 5:30PM FUNKIEFUSION-KG 6:30PM TONING -TC | 8:30AM TABATA YOGA-TH 9:30AM AQUA -KT 12:15 RIPPED-EW 4:30PM YOGA&STRETCH- TH 5:30PM SPIN -MC 5:30PM BOOTYBALLET -TH 6:30RIPPED-EW | 5:00AM CIRCUIT-BT 7:45AM PILATES-CL 8:30AM FUNKIE/TONE -CL 9:30AM BCEXPLOSION -SP | 9:30AM BOOTYBALLET-TH |
| 12 | 13 | 14 | 15 | 16 | 17 |
| 5:00AM SPIN-BT 8:30AM PILATES -CL 9:00AM SPIN -T 9:30AM FUNKIE/TONE - SP 4:30 GORGEOUS GLUTES-AD 5:30PM SPIN -T 5:30PM PLYO&TONE -MC 6:30PM FUNKIEFUSION -TC | 8:30AM YOGA&STRETCH -TH 9:30AM RIPPED-CG 12:15PM FUNKIE FUSION -AL 4:30PM BOOTY BALLET -TH 5:30PM CARDIOKICK -BG 5:30PM AQUA-KT 6:30PM ZUMBA - BP | 5:00AM POWER PILATES -BT 8:30AM PURPOSE PILATES -CL 9:05AM SPIN -MB 9:30AM BOOTY BALLET -TH 12:15- POUND-ST 5:30PM FUNKIEFUSION-KG 6:30PM TONING-TC | 8:30AM TABATA YOGA-TH 9:30AM AQUA -KT 12:15PM TONING-AL 4:30PM TABATA YOGA-TH 5:30PM SPIN- MC 5:30PM BOOTYBALLET -TH 6:30-RIPPED-EW | 5:00AM PLYO&TONE-BT 7:45AM PILATES- CL 8:30AM FUNKIE/TONE-CL 9:30AM BCEXPLOSION -SP | 9:30AM RIPPED-EW |
| 19 | 20 | 21 | 22 | 23 | 24 |
| 5:00AM RESISTANCE -BT 8:30AM PILATES -CL 9:00AM SPIN -T 9:30AM CARDIO/TONE-SP 4:30 GORGEOUS GLUTES-AD 5:30PM SPIN -MC 5:30PM PLYO&TONE -T 6:30PM METABOLIC-TC | 8:30AM YOGA&STRETCH -TH 9:30AM RIPPED-EW 12:15PM FUNKIE FUSION -AC 4:30PM BOOTY BALLET -TH 5:30PM CARDIOKICK -BG 5:30PM AQUA-KT 6:30PM ZUMBA - BP | 5:00AM POWER PILATES -BT 8:30AM PURPOSE PILATES-KD 9:05AM SPIN -MB 9:30AM BOOTYBALLET -TH 12:15- POUND-ST 5:30PM PILOXING-NT 6:30PM TONING -SP | 8:30AM TABATA YOGA-TH 9:30AM AQUA -KT 12:15PM RIPPED-EW 4:30 PM YOGA&STRETCH- TH 5:30PM SPIN -MC 5:30PM BOOTYBALLET -TH 6:30-RIPPED-EW | 5:00AM INTERVALTRAINING -BT 7:45AM PILATES- KT 8:30AM FUNKIE/TONE -KT 9:30AM BCEXPLOSION -SP | 9:30AM FUNKIE/TONE-TC |
| 26 | 27 | 28 | 29 | 30 | |
| 5:00AM POWERPUMP-BT 8:30AM PILATES -KD 9:00AM SPIN-T 9:30AM FUNKIE/TONE-SP 4:30 GORGEOUS GLUTES-AD 5:30PM SPIN -T 5:30PM PLYO&TONE - MC 6:30PM METABOLIC -TC | 8:30AM YOGA&STRETCH -TH 9:30AM RIPPED-EW 12:15PM FUNKIE FUSION -AL 4:30PM BOOTY BALLET -TH 5:30PM CARDIOKICK -BG 5:30PM AQUA-NT 6:30PM ZUMBA - BP | 5:00AM POWER PILATES -BT 8:30AM PURPOSE PILATES -CL 9:05AM SPIN -MB 9:30AM BOOTY BALLET -TH 12:15- POUND-ST 5:30PM PILOXING-NT 6:30PM TONING-TC | 8:30AM TABATA YOGA-TH 9:30AM AQUA -KT 12:15PM TONING-AL 4:30PM TABATA YOGA-TH 5:30PM SPIN- MC 5:30PM BOOTYBALLET -TH 6:30-RIPPED-EW | 5:00AM CIRCUIT-BT 7:45AM PILATES-CL 8:30AM FUNKIE/TONE -CL 9:30AM BCEXPLOSION -SP | |