|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **June 2023** | | | | | | |  |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | | **Saturday** |
| **28** | **29** | **30** | **31** | **1** | **2** | | **3** |
|  |  |  |  | HIIT w/ Allison @5:30 PM |  | | Summer Surprise Class w/ Amy @ 9 AM |
| **4** | **5** | **6** | **7** | **8** | **9** | | **10** |
|  | Step & Strength @ 5:30PM  Spin @ 5:30 PM | Yoga @ 10 AM  Yoga @ 5:15 PM\*\*  MXXED Fit @5:30 PM | Pilates @ 5PM  Spin @ 5:30 PM\*\* | HIIT w/ Allison @5:30 PM |  | | Weight Training w/ Nancy @ 9 AM |
| **11** | **12** | **13** | **14** | **15** | **16** | | **17** |
|  | Step & Strength @ 5:30PM  Spin @ 5:30 PM | Yoga @ 10 AM  Yoga @ 5:15 PM\*\*  MXXED Fit @5:30 PM | Pilates @ 5PM  Spin @ 5:30 PM\*\* | HIIT w/ Allison @5:30 PM |  | | Pilates w/ Cissy @ 9AM |
| **18** | **19** | **20** | **21** | **22** | [**23**](https://www.calendarpedia.com/) | | **24** |
|  | |  | | --- | | Circuit w/ Nancy @ 5:30PM  Spin @ 5:30 PM | | Yoga @ 10 AM  Yoga @ 5:15 PM\*\*  MXXED Fit @5:30 PM | Pilates @ 5PM  Spin @ 5:30 PM\*\* | Weight Training w/ Nancy  @5:30 PM |  | | Summer Surprise Class w/ Cissy @ 9 AM |
| **25** | **26** | **27** | **28** | **29** | **30** | | **1** |
|  | Step & Strength @ 5:30PM  Spin @ 5:30 PM | Yoga @ 10 AM  Yoga @ 5:15 PM\*\*  MXXED Fit @5:30 PM | Pilates @ 5PM  Spin @ 5:30 PM\*\* | HIIT w/ Allison @5:30 PM |  | |  |
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