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|  **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 @ 5:30PMSpin @ 5:30 PM | Yoga @ 10 AMYoga @ 5:15 PM\*\*MXXED Fit @5:30 PM | Pilates @ 5PMSpin @ 5:30 PM\*\* |  HIIT w/ Allison @5:30 PM |  | Weight Training w/ Nancy @ 9 AM |
| **11** | **12** | **13** | **14** | **15** | **16** | **17** |
|  | Step & Strength @ 5:30PMSpin @ 5:30 PM | Yoga @ 10 AMYoga @ 5:15 PM\*\*MXXED Fit @5:30 PM | Pilates @ 5PMSpin @ 5:30 PM\*\* |  HIIT w/ Allison @5:30 PM |  | Pilates w/ Cissy @ 9AM |
| **18** | **19** | **20** | **21** | **22** | [**23**](https://www.calendarpedia.com/) | **24** |
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| Circuit w/ Nancy @ 5:30PMSpin @ 5:30 PM |

 | Yoga @ 10 AMYoga @ 5:15 PM\*\*MXXED Fit @5:30 PM | Pilates @ 5PMSpin @ 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 @ 5:30PMSpin @ 5:30 PM | Yoga @ 10 AMYoga @ 5:15 PM\*\*MXXED Fit @5:30 PM | Pilates @ 5PMSpin @ 5:30 PM\*\* |  HIIT w/ Allison @5:30 PM |  |  |
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