



Monthly Class Schedule ***JUNE 2025***



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600 - 0700			Yoga - Flow			
0800-0900	NOFFS*	NOFFS*	NOFFS*			
0900 - 1000	Family Fitness - ON BREAK		Family Fitness - ON BREAK		Family Fitness - ON BREAK	
0930 - 1030						Zumba
1000-1100	STRENGTH - ON BREAK	STRENGTH - ON BREAK		STRENGTH - ON BREAK	STRENGTH - ON BREAK	
1045-1145						Spin (JUN 7, 21)
1200-1230						Yoga - Flow (JUN 7, 21)
1700 - 1800		Spin	Barbell HIIT	Weightlifting		
1800 - 1900	Zumba	Yoga - Restorative	Zumba			
1900 - 2000	Yoga - Beginner					