

JUNE 2025



Whatever your goal, we can make it happen.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2. 5am BP Kelli 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Liz	3. 5am BA Kelli 8:30 BA Kelli 5:30 Shred Liz	4. 5am BP Kelli 8:30 Strength Trena 10 SS MiMi 5:30 BP Liz	5 5am Tone Lindsey 8:30 BF Dee 5pm Shred Liz 5:30 Tone Kelli	6 5am Strength Kristy 8:30 Tone Kelli 10am SS Deanna	7
Class Type BP-BODYPUMP BA-BODYATTACK BC-BODYCOMBAT BF-BODYFLOW SHRED - HIIT Strength SS-SILVER SNEAKERS      	9 5am BP Kelli 8:30 BP Mary 10 SS Ellen 4:30 BF Dee 5:30 BP Liz	10 5am BA Kristy 8:30 BA Kelli 5:30 Shred Liz	11 5am BP Brandy 8:30 Strength Trena 10 SS MiMi 5:30 BP Liz	12 5am Tone Lindsey 8:30 Functional Trena 5pm Shred Liz 5:30 Tone Kelli	13 5am Strength Kristy 8:30 Tone Kelli 10am SS Patti	14
	16 5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	17 5am BA Kristy 8:30 BA Kelli 5:30 Shred Brandy	18 5am BP Brandy 8:30 Strength Trena 10 SS MiMi 5:30 BP Kelli	19 5am Tone Lindsey 8:30 BF Dee 5pm Shred Brandy 5:30 Tone Kelli	20 5am Strength. Kristy 8:30 Tone Kelli 10am Patti	21
	23 5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	24 5am BA Kelli 8:30 BA Kelli 5:30 Shred Liz	25 5am BP Brandy 8:30 Strength Trena 10 SS Ellen 5:30 BP Liz	26 5am Tone Liz 8:30 BF Dee 5pm Shred Liz 5:30 Tone Kelli	27 5am Strength Kristy 8:30 Tone Kelli 10am SS Patti	28
	29. 5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	30				