JUNE 2016 FITNESS SCHEDULE

M	T	W	T	F	S	S
Boot Camp 60 minutes Claudia 8:30 am **Pilates Allegro** 60 minutes Valerie 9:00 am **Sculpt** 60 minutes Claudia 9:30 am **Iyengar Yoga** 60 minutes Marleen 10:00am **Indoor Cycling** 60 minutes Robert 11:00 am **Indoor Cycling** 60 minutes Shebah 5:30 pm **Yoga Fusion** 60 minutes Laurie 7:00 pm	**Yoga** 60 minutes Alexandra 7:30 am **Indoor Cycling** 60 minutes Alejandro 9:00 am **Dance it Off!** 60 minutes Osvaldo 9:30 am **Pilates Allegro** 60 minutes Valerie ◄ 10:00 am **Abs of Steel** 30 minutes Shebah 10:30 am **Sculpting** 45 minutes Shebah 11:00 am **Indoor Cycling & Sculpt** 90 minutes Robert 6:15 pm	**Indoor Cycling** 60 minutes Melody 8:30am **Yoga** 60 minutes Alexandra 9:00 am **Pilates Allegro** 60 minutes Linda ◄ 10:00 am **Boot Camp** 45 minutes Shebah 10:00 am **Water Workout** 60 minutes Alexandra 10:15 am **Indoor cycling** 60 minutes Robert 5:30pm **Yoga & Meditation** 60 minutes Laurie 7:00 pm	**Yoga** 60 minutes Alexandra 7:30 am **Indoor Cycling & Sculpt** 90 minutes Robert 9:00 am **Pilates Allegro** 60 minutes Valerie ◄ 10:00 am **Sculpt** 60 minutes Claudia 10:30 am **Indoor cycling** 60 minutes Shebah 5:30pm	**Yoga** 60 minutes Laura 7:30 am **Sculpting** 60 minutes Nate 8:30 am **Matt Pilates** 60 minutes Ann-Marie 8:45 am **Yoga** 60 minutes Marleen 9:45 am **Barre** 60 minutes Linda 9:30 am **Pilates Allegro** 60 minutes Linda ◄ 10:45 am **Water Workout** 60 minutes Alexandra 11:00 am **Indoor cycling** 60 minutes Noel 5:30pm	**Yoga** 60 minutes Marleen 9:00 am **Indoor cycling** 60 minutes Alejandro 9:30am **Pilates Allegro** 60 minutes Valerie ◄ 10:15am **Circuit Training** 90 minutes Nate 10:30am	**Indoor Cycling** 45 minutes Shebah 9:15 AM **Pilates Allegro Jumpboard** 60 minutes Valerie ◄ 10:15am **Yoga Fusion** 90 minutes Laurie 12:00 pm