

# June Class Schedule

## Monday

11:10 HIIT w/  
Jason

12:05 Well  
Built w/Kim I.

1:00 Core  
Express w/  
Lana (30 min)

## Tuesday

7:00 Sunrise  
Yoga w/  
Claudia

11:00 Barre w/  
Trudy

11:30 Connexus  
Circuit  
w/Jason

12:05 Spin w/  
Ron

## Wednesday

11:10 Power  
Flow Yoga  
w/ Gita

12:05  
Bootcamp  
w/ Brenda

1:00 Pilates w/  
Lana

## Thursday

11:10 Well  
Built w/  
Marisha

11:30 Connexus  
Circuit w/  
Steph

12:05 HIIT w/  
Kim D.

4:30 Afternoon  
Yoga w/ Kate

## Friday

11:10 Weekend  
Warrior  
Bootcamp  
w/Steph

12:05 Gentle  
Flow  
w/ Paul

*Please note: There will be no Connexus circuit until the facility repair work is complete.*