

# Upstairs

## June 2018

| Sun | Mon   | Tue                             | Wed                                   | Thu  | Fri                               | Sat   |
|-----|---|---------------------------------|---------------------------------------|--|-----------------------------------|---|
|     |   |                                 |                                       |  | 1<br>9:30<br>Total Core<br>Sandy  | 2<br>9:00<br><b>HIIT</b> Training<br>Joanna                             |
| 3   | 4<br>9:30<br>Cut-N-Tone<br>Sandy<br>5:45<br>Extreme Circuit<br>Kaden  | 5<br>5:30 Cut-N-Sweat<br>Sandy  | 6<br>8:30<br>Cardio Int.<br>Meredith  | 7<br>9:30<br>Yoga<br>Rebecca<br>5:30 Cut-N-Sweat<br>Sandy  | 8<br>9:30<br>Total Core<br>Sandy  | 9<br>Sorry.....<br>No Class!<br>However....<br>Check Aqua<br>Zumba out! |
| 10  | 11<br>9:30<br>Cut-N-Tone<br>Sandy<br>5:45<br>TRIPLE THREAT<br>Amber   | 12<br>5:30 Cut-N-Sweat<br>Sandy | 13<br>8:30<br>Cardio Int.<br>Meredith | 14<br>9:30<br>Yoga<br>Rebecca<br>5:30 Cut-N-Sweat<br>Sandy | 15<br>9:30<br>Total Core<br>Sandy | 16<br>9:00<br><b>HIIT</b> Training<br>Joanna                            |
| 17  | 18<br>9:30<br>Cut-N-Tone<br>Sandy<br>5:45<br>Extreme Circuit<br>Kaden | 19<br>5:30 Cut-N-Sweat<br>Sandy | 20<br>8:30<br>Cardio Int.<br>Meredith | 21<br>9:30<br>Yoga<br>Rebecca<br>5:30 Cut-N-Sweat<br>Sandy | 22<br>9:30<br>Total Core<br>Sandy | 23<br>9:00<br><b>HIIT</b> Training<br>Joanna                            |
| 24  | 25<br>9:30<br>Cut-N-Tone<br>Sandy<br>5:45<br>TRIPLE THREAT<br>Amber   | 26<br>5:30 Cut-N-Sweat<br>Sandy | 27<br>8:30<br>Cardio Int.<br>Meredith | 28<br>9:30<br>Yoga<br>Rebecca<br>5:30 Cut-N-Sweat<br>Sandy | 29<br>9:30<br>Total Core<br>Sandy | 30<br>9:00<br><b>HIIT</b> Training<br>Joanna                            |