



JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 8:30am Step & Strength w/ Diana 5:30pm Spin w/ Brad	2 5:30pm Yoga w/ Nikki	3 8:30am Cardio Sculpt w/ Diana 5:30pm Spin w/ Brad	4 8:30am CX-45 w/ David 5:30pm Zumba + Liff w/ Carol	5 9:15am Slow Flow Yoga w/ Cirila	6 8:15am Spin w/ Brad 9:15am CX-45 w/ David
7	8 8:30am Step & Strength w/ Diana 5:30pm Spin w/ Brad	9 5:30pm Yoga w/ Ann-Marie	10 8:30am Cardio Sculpt w/ Diana 5:30pm Spin w/ Brad	11 8:30am CX-45 w/ David 5:30pm Zumba + Liff w/ Carol	12 9:15am Slow Flow Yoga w/ Cirila	13 8:15am Spin w/ Cirila 9:15am Barre w/ Cirila
14	15 8:30am Step & Strength w/ Diana 5:30pm Spin w/ Brad	16 8:30am 20/20/20 w/ Hope 5:30pm Yoga w/ Ann-Marie	17 8:30am Cardio Sculpt w/ Diana 5:30pm Spin w/ Brad	18 8:30am 20/20/20 w/ Hope 5:30pm Zumba + Liff w/ Carol	19 9:15am Slow Flow Yoga w/ Cirila	20 8:15am Spin w/ Brad 9:15am CX-45 w/ David
21	22 8:30am Step & Strength w/ Diana 5:30pm Spin w/ Brad	23 8:30am 20/20/20 w/ Hope 5:30pm Yoga w/ Ann-Marie	24 8:30am Cardio Sculpt w/ Diana 5:30pm Spin w/ Brad	25 8:30am 20/20/20 w/ Hope 5:30pm Zumba + Liff w/ Carol	26 9:15am Slow Flow Yoga w/ Cirila	27 8:15am Spin w/ Cirila 9:15am Slow Flow Yoga w/ Cirila
28	29 8:30am Step & Strength w/ Diana 5:30pm Spin w/ Brad	30 8:30am 20/20/20 w/ Hope 5:30pm Yoga w/ Ann-Marie				