

June 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Follow us on Instagram! Like us on Facebook!</p>						
	<p>5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Susan 9:30 AM Step & Sculpt - Russ 11:00 AM Senior Strong - Susan</p> <p>6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa</p> <p style="text-align: right;">1</p>	<p>5:45 AM Cycle - Tom 8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori</p> <p>5:45 PM Zumba - Chanel 7:00 PM Pilates - Susan</p> <p style="text-align: right;">2</p>	<p>8:30 AM HIIT Cycle - Sam 9:30 AM Step & Sculpt - Russ 11:00 AM Senior Strong - Susan</p> <p>5:30 PM Cycle - Tom</p> <p style="text-align: right;">3</p>	<p>5:30 AM Boot Camp - Sam 9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Christie</p> <p>5:45 PM Poweryoga45 - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Chanel</p> <p style="text-align: right;">4</p>	<p>5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Susan</p> <p style="text-align: right;">5</p>	<p>9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Calie</p> <p style="text-align: right;">6</p>
<p>8:00 AM Cycle - Mode'</p> <p style="text-align: right;">7</p>	<p>5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Susan 9:30 AM Step & Sculpt - Camille 11:00 AM Senior Strong - Susan</p> <p>6:15 PM Cycle - Mode' 7:00 PM Yoga - Calie</p> <p style="text-align: right;">8</p>	<p>5:45 AM Cycle - Tom 8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori</p> <p>5:45 PM Zumba - Chris 7:00 PM Pilates - Susan</p> <p style="text-align: right;">9</p>	<p>8:30 AM HIIT Cycle - Sam 9:30 AM Step & Sculpt - Camille 11:00 AM Senior Strong - Susan</p> <p>5:30 PM Cycle - Tom</p> <p style="text-align: right;">10</p>	<p>5:30 AM Boot Camp - Sam 9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Lori</p> <p>5:45 PM Poweryoga45 - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie</p> <p style="text-align: right;">11</p>	<p>5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach</p> <p style="text-align: right;">12</p>	<p>9:00 AM Amber Attack - Amber 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Peach</p> <p style="text-align: right;">13</p>
<p>8:00 AM Cycle - Mode'</p> <p style="text-align: right;">14</p>	<p>5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step & Sculpt - Russ 11:00 AM Senior Strong - Susan</p> <p>6:15 PM Cycle - Mode' 7:00 PM Yoga - Peach</p> <p style="text-align: right;">15</p>	<p>5:45 AM Cycle - Tom 8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori</p> <p>5:45 PM Zumba - Chanel 7:00 PM Pilates - Peach</p> <p style="text-align: right;">16</p>	<p>8:30 AM HIIT Cycle - Sam 9:30 AM Step & Sculpt - Russ 11:00 AM Senior Strong - Susan</p> <p>5:30 PM Cycle - Tom</p> <p style="text-align: right;">17</p>	<p>5:30 AM Boot Camp - Sam 9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach</p> <p>5:45 PM Poweryoga45 - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie</p> <p style="text-align: right;">18</p>	<p>5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach</p> <p style="text-align: right;">19</p>	<p>9:00 AM Boxing Circuit - Amber 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Peach</p> <p style="text-align: right;">20</p>
<p>8:00 AM Cycle - Mode'</p> <p style="text-align: right;">21</p>	<p>5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step & Sculpt - Russ 11:00 AM Senior Strong - Susan</p> <p>6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa</p> <p style="text-align: right;">22</p>	<p>5:45 AM Cycle - Tom 8:30 AM Pilates - Susan 9:30 AM Muscle Pump - Lori</p> <p>5:45 PM Zumba - Chris 7:00 PM Pilates - Peach</p> <p style="text-align: right;">23</p>	<p>8:30 AM HIIT Cycle - Sam 9:30 AM Step & Sculpt - Russ 11:00 AM Senior Strong - Susan</p> <p>5:30 PM Cycle - Tom</p> <p style="text-align: right;">24</p>	<p>5:30 AM Boot Camp - Sam 9:30 AM Pilates - Susan 10:30 AM Muscle Pump - Peach</p> <p>5:45 PM Poweryoga45 - Elizabeth 6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie</p> <p style="text-align: right;">25</p>	<p>5:45 AM Cycle - HeatherHayes 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach</p> <p style="text-align: right;">26</p>	<p>9:00 AM Barre TBC - Peach 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Peach</p> <p style="text-align: right;">27</p>
<p>8:00 AM Cycle - MoDe'</p> <p style="text-align: right;">28</p>	<p>5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step & Sculpt - Russ 11:00 AM Senior Strong - Susan</p> <p>6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa</p> <p style="text-align: right;">29</p>	<p>5:45 AM Cycle - Lisa 8:30 AM Pilates - Peach 9:30 AM Muscle Pump - Lori</p> <p>5:45 PM Zumba - Chanel 7:00 PM Pilates - Peach</p> <p style="text-align: right;">30</p>				