

# JUNE - 2019 -- BAY

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday		
Tread N Shred- 12:05 PM		ABS 45 06:00 AM		YOGA 12:10 PM		MetX & Core 06:00 AM		LIFT 12:10 PM					
03	Russell* P	04	Jennifer (Jenna) N	05	Gita G	06	Jennifer (Jenna) N	07	Sunshine T				
10	Russell* P		12	Gita G	14		Sunshine T						
17	Russell* P		11	Jennifer (Jenna) N	19		Gita G	13	Jennifer (Jenna) N	21	Sunshine T		
24	Russell* P			26	Gita G		28		Sunshine T				
Rush 12:10 PM		18	Jennifer (Jenna) N			20	Jennifer (Jenna) N						
03	Jason O	25	Jennifer (Jenna) N			27	Jennifer (Jenna) N						
10	Jason O	CYCLE 12:05 PM				Tread N Shred- 12:05 PM							
17	Jason O	04	Amanda M			06	Russell* P						
24	Jason O	11	Michelle W			13	Russell* P						
CYCLE 12:10 PM		18	Michelle W			20	Russell* P						
03	Lorraine P	25	Amanda M			27	Russell* P						
10	Lorraine P	LIFT 12:10 PM				Force express 12:10 PM							
17	Lorraine P	04	Gita G			06	Vanessa H						
24	Lorraine P	11	Gita G			13	Kelli H						
		18	Gita G			20	Kelli H						
		25	Gita G			27	Marie N						
		Tread N Shred- 5:15 PM											
		04	Trainer ^										
		11	Trainer ^										
		18	Trainer ^										
		25	Trainer ^										

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