

June 2025 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 8:30a Strength 9:30a Strength 5:30p Fitness 101	3 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	4 9:30a Core Conditioning 10:30a Fitness 101	5 7:25a Strength 8:30a Strength 5:30p Fitness 101	6 8:30a Flexibility 10:30a Fitness 101	7 9a Pietra Fitness 10:15a Core Conditioning
8	9 8:30a Strength 9:30a Strength 5:30p Fitness 101	10 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	11 9:30a Core Conditioning 10:30a Fitness 101	12 7:25a Strength 8:30a Strength 5:30p Fitness 101	13 8:30a Flexibility 10:30a Fitness 101	14 9a Pietra Fitness 10:15a Core Conditioning
15	16 8:30a Strength 9:30a Strength 5:30p Fitness 101	17 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	18 9:30a Core Conditioning 10:30a Fitness 101	19 7:25a Strength 8:30a Strength 5:30p Fitness 101	20 8:30a Flexibility 10:30a Fitness 101	21 9a Pietra Fitness 10:15a Core Conditioning
22	23 8:30a Strength 9:30a Strength 5:30p Fitness 101	24 7:30a Strength 8:30a Strength 9:35a Flexibility 5:30p Strength	25 9:30a Core Conditioning 10:30a Fitness 101	26 7:25a Strength 8:30a Strength 5:30p Fitness 101	27 8:30a Flexibility 10:30a Fitness 101	28 9a Pietra Fitness 10:15a Core Conditioning
29	30 8:30a Strength 9:30a Strength 5:30p Fitness 101					

June 2025 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	6:30a Pilates 2 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 3 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 4 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates	5 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	6 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	7 8:25a Pilates 9:15a Pilates
8	6:30a Pilates 9 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 10 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 11 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35 Pilates	12 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	13 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	14 8:25a Pilates 9:15a Pilates
15	6:30a Pilates 16 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 17 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 18 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	19 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	20 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	21 8:25a Pilates 9:15a Pilates
22	6:30a Pilates 23 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	8:30a Pilates 24 9:30a Pilates 10:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	5:40a Strength 25 6:30a Strength 7:45a Pilates 10:35a Pilates 11:30a Pilates 4:45p/5:35p Pilates	26 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	27 5:40a Strength 6:30a Strength 9:30a Pilates 11:15a Pilates	28 8:25a Pilates 9:15a Pilates
29	6:30a Pilates 30 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates					