

JUNE HIITFIT GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	FUSION <i>Katie</i>	MUSCLE MAX <i>Katie</i>	ATHLETIC CONDITIONING <i>Ali / Katie</i>	SUPER STRENGTH <i>Katie</i>	EXPRESS SPIN / BIKE+BUILD (30m) <i>Katie</i>	8:30 AM - BOOTCAMP/HIIT
8:00 AM	FUSION <i>Katie</i>	MUSCLE MAX <i>Katie</i>	SPIN <i>Pam</i>	SUPER STRENGTH <i>Katie</i>	BIKE + BUILD (30m) <i>Katie</i>	
9:00 AM		RIP <i>Pam</i>	CORE <i>Pam</i>	RIP <i>Pam</i>	ATHLETIC CONDITIONING <i>Pam</i>	
4:30 PM	FUSION <i>Katie</i>	MUSCLE MAX <i>Katie</i>		SUPER STRENGTH <i>Katie</i>		
5:30 PM 5:45 PM 6:00 PM	(5:45) BOOTCAMP/HIIT <i>Cheree</i>	(5:30) ABS BLAST (30m) <i>Katie</i> (6:00) EXPRESS SPIN (30m)	(5:45) BODY SCULPT <i>Cheree</i>			

ALL CLASSES ARE 45 MINUTES UNLESS OTHERWISE NOTED

SPECIAL NOTES:

No Classes - 6:00AM 6/26, 6/29, 6/30