



JUNE 2023 SUMMER GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>5:15a-CYCLE</u>	<u>5:30a-CLUB360</u>	<u>5:15a-CYCLE</u>		<u>8:15a-CYCLE</u>
	<u>8:30a-CYCLE</u>		<u>8:30a LM SPRINT</u>		
<u>9:00a-AQUA F.I.T.</u>		<u>9:00a-AQUA F.I.T.</u>	<u>9:00a-LM CORE</u>	<u>9:00a-AQUA F.I.T.</u>	<u>9:00a-BODYPUMP</u>
<u>9:00a-BODYPUMP 60</u>	<u>9:30a-BODYCOMBAT 45</u>	<u>9:00a-H.E.A.T./G.E.A.R.</u>		<u>9:00a-BODYPUMP 60</u>	<u>10:15a-Rotation**</u>
<u>10:05a-BODYBALANCE 45</u>		<u>10:00a-Barre Fusion</u>		<u>10:05a-Mat Pilates</u>	
		<u>12:15p-Yoga</u>			
<u>4:30p-BODYPUMP 45</u>		<u>4:30p-BODYPUMP 45</u>			
<u>5:30p-LM SPRINT</u>	<u>5:30p-ZUMBA</u>	<u>5:30p-Dance2Fit/G.E.A.R.</u>	<u>5:30p-BODYBALANCE 45</u>		
<u>6:00p-LM CORE</u>					**Please check ClubLife for Saturday rotation class offerings.

****For real time daily class offerings, please check the ClubLife app to make your reservation. Class offerings can change based upon instructor availability.****