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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5:00 |  |  |  |  | STRONG A |  |  |
| 6:00 | Cardio/Strength  M | Yoga T | Spin M | Yoga T | Cardio/Strength  M |  |  |
| 7:00 | Bootcamp S | Spin S | Step/Muscle Mix S | Spin S | Bootcamp S |  |  |
| 8:00 |  |  |  |  |  |  |  |
| 9:00 | Senior Fitness G  Virtual | Senior Fitness G  Virtual |  | Senior Fitness G  Virtual |  | Zumba M  20th & 27th |  |
| 10:00 |  | Barre/Pilates Mix G |  | Barre/Pilates  Mix G |  |  |  |
| 11:00 |  |  |  |  |  |  |  |
| 12:00 |  |  |  |  |  |  |  |
| 1:00 |  |  |  |  |  |  |  |
| 2:00 |  |  | **June Aerobic Schedule** |  |  |  |  |
| 3:00 |  |  |  |  |  |  |  |
| 4:00 |  |  |  |  |  |  |  |
| 5:00 |  |  |  |  |  |  |  |
| 6:00 | STRONG  A | P90X  J  Virtual | Strong  A |  |  |  |  |
| 7:00 | Spin  B | Zumba  M  23rd & 30th |  | Strength 101  B |  |  | Yoga |