



JUNE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8 – 9am barreEFFECT 9:15-10:15am FLOW w/ PRIDE 	2 9:30-10:20am beSTRENGTH 10:30-11:15am MAMA STRONG* 6:15-7:15pm pilatesREMIX	3 9:30-10:30am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	4 9:30-10:30am barreEFFECT 5:30 – 6:20pm barreEFFECT 6:30-7:30pm BEACH BABE YOGA 	5 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	6 9:30-10:30am cardioBARRE	7 9:00-10:00am barreEFFECT
8 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	9 9:30-10:20am beSTRENGTH 10:30-11:15am MAMA STRONG* 5:15-6:10pm barreCORE 6:15-7:15pm pilatesREMIX	10 9:30-10:30am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	11 9:30-10:30am barreEFFECT 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	12 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	13 9:30-10:30am cardioBARRE	14 9:00-10:00am barreEFFECT
15 FATHER'S DAY 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	16 9:30-10:20am beSTRENGTH 10:30-11:15am MAMA STRONG* 5:15-6:10pm barreCORE 6:15-7pm pilatesREMIX	17 9:30-10:30am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	18 9:30-10:30am barreEFFECT 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	19 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	20 9:30-10:30am cardioBARRE	21 9:00-10:00am barreEFFECT 10:15-11am beSCULPT & Stretch
22 8:30 – 9:30am beSTRENGTH & STRETCH	23 9:30-10:20am beSTRENGTH 10:30-11:15am MAMA STRONG* 5:15-6:10pm barreCORE 6:15-7pm pilatesREMIX	24 9:30-10:30am pilatesEFFECT 5:30-6:15pm pilatesEFFECT 6:30-7:30pm Candlelight Yoga	25 9:30-10:30am barreEFFECT 5:30 – 6:20pm barreEFFECT 6:30-7:15pm yogaREMIX	26 9:30-10:30am barreCORE 5:30-6:20pm beSCULPT & Stretch 6:30-7:30pm Xen Strength Yoga	27 9:30-10:30am cardioBARRE 6 – 7:30pm *SPA YOGA* <i>Restorative Event (separate fee applies)</i>	28 8 – 8:45am beBASICS* 9:00-10:00am barreEFFECT
29 8 – 9am barreEFFECT 9:15-10:15am Rise & Flow Yoga	30 9:30-10:20am beSTRENGTH 10:30-11:15am MAMA STRONG* 5:15-6:10pm barreCORE 6:15-7pm pilatesREMIX			*SERIES* beBASICS: Intro2Barre/Pilates 6/28 – 7/26 (no class 7/5)	*SERIES* MAMA STRONG 6/2 – 30 Single class drop-ins available!	