

june 2024

(ALL CLASSES ARE A COMBO OF
IN-PERSON AND VIRTUAL)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8am// Bootcamp on the Rocks 9:15am// Step 151
2 9am// Bootcamp on the Rocks	3 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	4 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	5 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	6 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	7 10am// Bootcamp on the Rocks	8 8am// Bootcamp on the Rocks 9:15am// Step 151
9 9am// OPEN GYM	10 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	11 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	12 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	13 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	14 10am// Bootcamp on the Rocks	15 8am// Bootcamp on the Rocks 9:15am// Step 151
16 9am// Bootcamp on the Rocks FATHER'S DAY	17 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	18 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	19 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	20 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	21 10am// Bootcamp on the Rocks	22 8am// Bootcamp on the Rocks 9:15am// Step 151
23 9am// Bootcamp on the Rocks	24 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	25 9:30am// Tabata Tuesday 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Tabata Tuesday	26 10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	27 10am// Bootcamp on the Rocks 4:30-4:55pm// Spin Mixology 4:55-5:25pm// Spin Mixology 5:30pm// Bootcamp on the Rocks	28 10am// OPEN GYM	29 8am// OPEN GYM
30 9am// OPEN GYM						