

June 2017							Group Fitness & RPM-LAC Alexandria						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
				1	2	3							
	LAC Health & Wellness EXPO June 27th			5am-6am John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm BODYPUMP-Gregg	9:00am PUMP-Krystal							
4	5	6	7	8	9	10							
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15 RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Jean	5am-6am John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm PUMP-Krystal	9:00am BODYPUMP-Jean							
11	12	13	14	15	16	17							
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15 RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Jean	5am-6am John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM-Lydia 5:30pm BODYPUMP-Gregg	9:00am BODYPUMP-Leslie							
18	19	20	21	22	23	24							
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15 RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Jean	5am-6am Lydia 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM- Lydia 5:30pm PUMP-Krystal	9:00am BODYPUMP-Gregg							
25	26	27	28	29	30								
	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Natalie 5:30pm RPM-Lydia	5:15 RPM-John 5:30pm Burn-Lydia 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am BODYPUMP-Natalie 12:15pm Lunch Crunch-Deb 5:30pm BODYPUMP-Jean	5am-6am John 5:30pm Burn-Krystal 6:30pm Power Yoga-Camille	5:00am Cut Up-Mitzi 5:15am RPM-John 5:30pm BODYPUMP-Gregg	Instructors are subject to change!							