



June 2018 Employee Group Exercise Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
				1 12:00-12:30 Body Blast
4 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	5 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	6 12:00-12:30pm Total Body Tone	7 12:00-12:30pm Tabata 4:30-5:30pm Anything Goes	8 12:00-12:30pm Body Blast
11 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	12 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	13 12:00-12:30pm Tabata	14 12:00-12:30pm BOSU/Core/Cardio 4:30-5:30pm Anything Goes	15 12:00-12:30pm Body Blast
18 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	19 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	20 12:00-12:30pm Total Body Tone	21 12:00-12:30pm Tabata 4:30-5:30pm Anything Goes	22 12:00-12:30pm Body Blast
25 12:00-12:30pm Yoga 4:30-5:30pm Anything Goes w/Paul	26 12:00-12:30pm On the Ball 4:30-5:30pm Tuesday Tabata	27 12:00-12:30pm Tabata	28 12:00-12:30pm BOSU/Core/Cardio 4:30-5:30pm Anything Goes	29 12:00-12:30pm Body Blast