













Group Training

JUNE Schedule
6/1 - 6/30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:00 Spin  Johannes	7:00 - 8:15 Yoga (gentle) Ephen	7:00 - 8:00 Spin  Charles	7:00 - 8:15 Yoga (gentle) Ephen	7:00 - 8:00 Spin  Johannes		
8:30 - 9:30 Step Dot	8:30 - 9:30 Total Body Conditioning Dot	8:30 - 9:45 Flow n' Glow Yoga (moderate/vigorous) Stefan	8:30 - 9:30 Total Body Conditioning Dot	8:30 - 9:30 Step Dot		
9:30 - 10:45 Yoga Beth (gentle/moderate)	9:30 - 10:30 Pilates Melissa	10:00 - 11:00 TRX Circuit (H.I.) Charles*	9:30 - 10:30 Pilates Marie		9:00 - 10:30 Yoga (moderate/vigorous) Ephen	10:00 - 11:30 Yoga Beth (gentle/moderate)
10:00 - 11:00 Spin**  Kathleen (6/5 & 6/12) <u>Charles starts 6/19</u>		10:00 - 11:00 Spin**  Kathleen (6/7 & 6/14) <u>Johannes starts 6/21</u>		10:00 - 11:00 Spin**  Kathleen (6/2 & 6/9) <u>Charles starts 6/16</u>	10:00 - 11:30 Vicious Cycle (H.I.)  Charles*	10:00 - 11:00 Spin  Melissa*
5:30 - 6:30 Boot Camp* (H.I.) Charles	5:30 - 6:45 Yoga (gentle) Tim	5:30 - 6:45 Yoga (moderate) Ephen	5:30 - 6:45 Yoga (vigorous) (H.I.) Tim	4:30 - 5:25 All in One (H.I.) Charles		4:30 - 5:30 Flow n' Glow Yoga (gentle/moderate) Stefan
	5:30 - 6:30 Spin  Melissa	5:30 - 6:30 Spin  Charles		** Multiple Instructors scheduled for that class	* New class, time or instructor	H.I. (high intensity class)

Hours of Operation

7 Days a Week
6am to 9pm

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www.musselbeach.net