


Wellbeats Fitness Calendar - June 2021

Mon (Stren & Cond)	Tue (Zumba/Yoga/Pilates)	Wed (Cycling)	Thu (HIIT)	Fri (Stren & Cond)
	1 You Can Do Yoga 1100-1200	2 Staying in the Game 1100-1200 Peaks and Valleys 1600-1700	3 Jammin 1100-1200 Triple Threat 1600-1700	2 Kettlebell & Foam Roll 1100-1200 Strength Builder 1600-1700
	7 Cardio Core & Blast 1100-1200 Total Body with & w/o eqmnt 1600-1700	8 You Can Do Yoga 1100-1200 Barre Cardio & Core 1600-1700	9 Staying in the Game 1100-1200 Road Racing 1600-1700	10 Strength & Cardio Circuit 1100-1200 All In 1600-1700
Cardio Core & Blast 1100-1200 Total Body with & w/o eqmnt 1600-1700	15 You Can Do Yoga 1100-1200 Refreshing Flow 1600-1700	16 Test your Stamina 1100-1200 Peaks and Valleys 1600-1700	17 Jammin 1100-1200 Triple Threat 1600-1700	16 Kettlebell & Foam Roll 1100-1200 Strength Builder 1600-1700
21 Cardio Core & Blast 1100-1200 Total Body with & w/o eqmnt 1600-1700	22 You Can Do Yoga 1100-1200 Blissed out Hips 1600-1700	23 Staying in the Game 1100-1200 The Criterium 1600-1700	24 Strength & Cardio Circuit 1100-1200 Supercharged 1600-1700	23 Kettlebell & Foam Roll 1100-1200 Strength Builder 1600-1700
28 Cardio Core & Blast 1100-1200 Total Body with & w/o eqmnt 1600-1700	29 You Can Do Yoga 1100-1200 Strong N Fluid 1600-1700	30 Test your Stamina 1100-1200 Peaks and Valleys 1600-1700	ALL FITNESS CLASSES ARE LOCATED AT FAMILY FIRST FITNESS CLASSES MAY BE REQUESTED BETWEEN 1200-1500	