

June 2016 Aerobics Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			9:15am Hatha Yoga with Marge	9:15am Yoga - CXLD	9:15am Hatha Yoga with Marge	10am Hatha Yoga with David
			10:30 WaterAerobics	10:30 WaterAerobics	10:30 Cardio -CXLD	11am Zumba - CXLD
			10:30 Cardio -CXLD			
			6:30pm Yoga -David	12pm Pilates-Carla		
5	6	7	8	9	10	11
10am Hatha Yoga with David	9:15am Hatha Yoga with Marge	9:15am Yoga - CXLD	9:15am Hatha Yoga with Marge	9:15am Yoga - CXLD	9:15am Hatha Yoga with Marge	10am Hatha Yoga with David
	10:30 WaterAerobics	10:30 WaterAerobics	10:30 WaterAerobics	10:30 WaterAerobics		
	11:30 Cardio -CXLD		10:30 Cardio -CXLD		10:30 Cardio -CXLD	11am Zumba - CXLD
		12pm Pilates-Carla	6:30pm Yoga -David	12pm Pilates-Carla		
12	13	14	15	16	17	18
10am Hatha Yoga with David	9:15am Hatha Yoga with Marge	9:15am Hatha Yoga with Paul	9:15am Hatha Yoga with Paul	9:15am Hatha Yoga with Paul	9:15am Hatha Yoga with Marge	10am Hatha Yoga with David
	10:30 WaterAerobics	10:30 WaterAerobics	10:30 WaterAerobics	10:30 WaterAerobics		
	11:30 Cardio -CXLD		10:30 Cardio -CXLD		10:30 Cardio -CXLD	11am Zumba - CXLD
		12pm Pilates-Carla	6:30pm Yoga -David	12pm Pilates-Carla		
19	20	21	22	23	24	25
10am Hatha Yoga with David	9:15am Hatha Yoga with Marge	9:15am Hatha Yoga with Paul	9:15am Hatha Yoga with Paul	9:15am Hatha Yoga with Paul	9:15am Hatha Yoga with Marge	9:15am Hatha Yoga with Cathy
	10:30 WaterAerobics	10:30 WaterAerobics	10:30 WaterAerobics	10:30 WaterAerobics		
	11:30 Cardio -CXLD		10:30 Cardio -CXLD		10:30 Cardio Pump	11am Zumba - Cathy
		12pm Pilates-Carla	6:30pm Yoga -David	12pm Pilates-Carla		
26	27	28	29	30		
10am Hatha Yoga with David	9:15am Hatha Yoga with Marge	9:15am Hatha Yoga with Cathy	9:15am Hatha Yoga with Paul	9:15am Hatha Yoga with Cathy		Paul Back 6/9 Cathy Back 6/23
	10:30 WaterAerobics	10:30 WaterAerobics	10:30 WaterAerobics	10:30 WaterAerobics		
	11:30 Cardio Pump		10:30 Cardio Pump			
		12pm Pilates- Cathy	6:30pm Yoga -David	12pm Pilates-Cathy		