



June

2018

ADDITIONAL CLASS CALENDAR

Weekends
Demos
TRX
Rowing

NOTES:

Reminder: All Premier class offerings (rowing & TRX classes) have required sign up due to limited space.

Please sign up at westernracquet.com or by call the front desk at 497-1161.

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2 8:00am - CYCLING with Becky W. INDOROW 9:00am with Becky W. 9:00am - STRENGTH with Joy 10:00am - YOGA with Nichelle
3	4 TRX DROP-IN 7:00 am with Becky W. INDOROW 10:00am with Dan	5 CORECREW 5:30pm with Jessie	6	7	8	9 STRONG by ZUMBA 8:00am with Katie INDOROW 9:00am with Jessie 9:00am - STRENGTH with Katie 10:00am - YOGA with Billie
10	11	12 TRX 101 5:30pm with Becky W. (FREE)	13 TRX Session Sign-up	14 CORECREW 5:30pm with Jessie	15	16 TRX 101 7:45am with Becky V. (FREE) 8:00am - CYCLING with Amanda INDOROW 9:00am with Amanda 9:00am - STRENGTH with Sheila 10:00am - YOGA with Jackie S.
17	18 INDOROW 10:00am with Dan	19	20	21 TRX+ROW 5:30pm with Becky W.	22	23 8:00am - CYCLING with Peggy INDOROW 9:00am with Peggy 9:00am - STRENGTH with Amy M. 10:00am - YOGA with Amy X.
24	25	26 INDOROW 5:00pm with Amanda	27 TRX Session Begins	28 TRX+ROW 5:00pm with Amanda	29	30 8:00am - CARDIO KICKBOXING with Amanda INDOROW 9:00am with Becky W. 9:00am - STRENGTH with Stephanie 10:00am - YOGA with Micheala

*MUST SIGN UP AT FRONT DESK