



JUNE '26
STARTS TUES MAY 26TH

MONDAY

5 AM RISE AND SHINE BOOTCAMP
8:30 AM INTERVAL TRAINING
4:30 PM DANCE & TONE
5:30 PM TONE IT WITH TYRA

TUESDAY

8:30 AM SPIN
9:30 AM PILATES/YOGA
4:30 PM SPIN
5:30PM WATER AEROBICS *EXTRA FEE*

WEDNESDAY

5 AM WAKE UP & WORKOUT BOOTCAMP
8:30 AM DANCE & TONE
4:30 PM WEIGHTS
5:30 PM YOGA

THURSDAY

8:30 AM LIFT IT
5:30 PM SPIN OR DANCE (ALT WEEKS)

FRIDAY

5 AM GET UP & GEAUX
8:30 AM SPIN OR KOMBO (ALT WEEKS)
9 AM WATER AEROBICS *EXTRA FEE*

SATURDAY

6TH INTERVAL COMBO W/ TYRA
13TH SPIN W/ MANDY
20TH SPIN W/ ANGIE
27TH POUND & PILATES W/ KALLIE

SIGN UP AT THE DESK FOR WATER AEROBICS
CAN PAY ONE CLASS DROP IN RATE OR ENTIRE SESSION