


June 2019 at J&J Movement Factory

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>*Women Only Classes are in italics</i>					1 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Eric 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana
2 5:00P-6:15P Circuit Train w/Eric	3 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 7:00P-8:00P Circuit Train w/Eric	4 10:00A-11:00A Speed and Agility w/Eric (teen class)	5 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM 6:15P-7:15P Power Yoga w/Diana	6 5:45A-6:30A Power Yoga w/Diana 10:00A-11:00A Chair Yoga w/Diana 6:15P-7:15P Beginner Yoga w/Diana 7:30P-8:30P Circuit Train w/Eric	7 9:15A-10:30A Circuit Train w/Eric	8 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Eric 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana
9 5:00P-6:15P Circuit Train w/Eric 6:45P-7:45P Restorative Yoga w/Diana	10 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 7:00P-8:00P Circuit Train w/Eric	11 10:00A-11:00A Speed and Agility w/Eric (teen class) 6:15P-7:15P Yoga/Pilates w/Diana	12 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM 6:15P-7:15P Power Yoga w/Mel	13 5:45A-6:30A Power Yoga w/Mel 10:00A-11:00A Chair Yoga w/Diana 6:15P-7:15P Beginner Yoga w/Diana 7:30P-8:30P Circuit Train w/Eric	14 9:15A-10:30A Circuit Train w/JenM	15 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Eric 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana
16 5:00P-6:15P Circuit Train w/Eric 6:45P-7:45P Restorative Yoga w/Mel	17 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 7:00P-8:00P Circuit Train w/Eric	18 10:00A-11:00A Speed and Agility w/Eric (teen class) 6:15P-7:15P Yoga/Pilates w/Diana	19 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM 6:15P-7:15P Power Yoga w/Mel	20 5:45A-6:30A Power Yoga w/Mel 10:00A-11:00A Chair Yoga w/Diana 6:15P-7:15P Beginner Yoga w/Diana 7:30P-8:30P Circuit Train w/Eric	21 9:15A-10:30A Circuit Train w/JenM	22 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Eric 10:30A-11:30A Kids Yoga (7-11) w/Diana 11:45A-12:30P Kids Yoga (4-6) w/Diana
23 5:00P-6:15P Circuit Train w/Eric 6:45P-7:45P Restorative Yoga w/Mel	24 5:45A-6:30A Circuit Train w/JenM 9:15A-10:15A Circuit Train w/JenM 7:00P-8:00P Circuit Train w/Eric	25 10:00A-11:00A Speed and Agility w/Eric (teen class) 6:15P-7:15P Yoga/Pilates w/Diana	26 5:45A-6:30A Circuit Train w/Jen M 9:15A-10:30A Circuit Train w/JenM 6:15P-7:15P Power Yoga w/Mel	27 5:45A-6:30A Power Yoga w/Mel 10:00A-11:00A Chair Yoga w/Diana 6:15P-7:15P Beginner Yoga w/Diana 7:30P-8:30P Circuit Train w/Eric	28 9:15A-10:30A Circuit Train w/JenM	29 7:15A-8:15A Circuit Train w/Kam 8:45A-9:45A Circuit Train w/Eric 10:30A-11:30A Kids Yoga (7-11) w/Mel 11:45A-12:30P Kids Yoga (4-6) w/Mel
30 5:00P-6:15P Circuit Train w/Eric 6:45P-7:45P Restorative Yoga w/Mel						