

S.H.A.P.E. FITNESS

June 2019

June 2019							July 2019						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
2	3	4	5	6	7	8	7	1	2	3	4	5	6
9	10	11	12	13	14	15	14	8	9	10	11	12	13
16	17	18	19	20	21	22	21	15	16	17	18	19	20
23	24	25	26	27	28	29	28	22	23	24	25	26	27
30							28	29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May 26	27	28	29	30	31	Jun 1
2	3 8:30am Shape 1 10:15am Better Balance 11:00am Shape 2	4 8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line 11:30am All Men's Class	5 8:30am Shape 1 9:30am Chair Yoga 10:15am Wii Bowling 11:15am Shape 2	6 8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line 11:30am All Men's Class	7 8:30am Shape 1 9:30am Chair Yoga 10:15am Cruisers 11:00am Shape 2	8
9	10 8:30am Shape 1 10:15am Better Balance 11:00am Shape 2	11 8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line 11:30am All Men's Class	12 8:30am Shape 1 9:30am Chair Yoga 10:15am Wii Bowling 11:15am Shape 2	13 8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line 11:30am All Men's Class	14 8:30am Shape 1 9:30am Chair Yoga 10:15am Cruisers 11:00am Shape 2	15
16	17 8:30am Shape 1 10:15am Better Balance 11:00am Shape 2	18 Videos (Kayla Gone)	19 Videos (Kayla Gone)	20 8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line 11:30am All Men's Class	21 8:30am Shape 1 9:30am Chair Yoga 10:15am Cruisers 11:00am Shape 2	22
23	24 8:30am Shape 1 10:15am Better Balance 11:00am Shape 2	25 8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line 11:30am All Men's Class	26 8:30am Shape 1 9:30am Chair Yoga 10:15am Wii Bowling	27 8:30am Shape 2 9:30am Shape 3 10:15am Step In-Line 11:30am All Men's Class	28 8:30am Shape 1 9:30am Chair Yoga 10:15am Cruisers 11:00am Shape 2	29
30	Jul 1	2	3	4	5	6