



June 2024

◀ May 2024

Jul 2024 ▶

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 PD 1 - 4 Class 10:30 am – 11:45 am (F)
2	3	4 Seated Full Fitness 10:00 am – 10:45 am (O)	5	6 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	7	8 PD 1 - 4 Class 10:30 am – 11:45 am (F)
9	10	11 Seated Full Fitness 10:00 am – 10:45 am (O)	12	13 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	14	15 No Class Coach Family Travel
16	17	18 Seated Full Fitness 10:00 am – 10:45 am (O)	19	20 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	21	22 PD 1 - 4 Class 10:30 am – 11:45 am (F)
23	24	25 Seated Full Fitness 10:00 am – 10:45 am (O)	26	27 PD 3 – 4 Class 2:00 pm – 3:00 pm PD 1 – 2 Class 3:30 pm – 4:30 pm (F)	28	29 PD 1 - 4 Class 10:30 am – 11:45 am (F)
30						

(F) – Boxing Gym (In-Person Only) (O) – Virtual Only