

Believe N-U Fitness Class Schedule for JUNE 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes						
	5:30am Shred30	5:30am Spin30	5:30am Spin30		5:30am Spin30	
	<u>6:00am Spin30(FB)</u>		<u>6:00am Shred(FB)</u>		<u>6:00 ToneT(FB)</u>	
		6:30am Spin30 (ZOOM)		6:30am Tone30 (ZOOM)		8am Barbells
				7:00am SPIN45		8am Spin45(ZOOM)
						8:45am Spin45
9:00am Track Fitness	9:00am Spin/Core	9:00am (ZOOM) GentleHatha Yoga	9:00am 30/30	9:00am (ZOOM) Level 1 Yoga	9:00am Weights	
		9:00am TrackFit				
	10:30am Silver Sneakers		10:30am Silver Sneakers		10:30am Silver Sneakers	
Evening Classes						
		5:30pm Spin45		5:30pm Zumba on ZOOM also		
	5:45pm Weights45					
			6:00pm Spin45			
	6:30pm Spin30	6:30pm Zumba60 on ZOOM also		6:30pm Spin30		
				7:00pm Kettleb		
Memberships						
1st Class FREE	10 Class Punch \$70.00	Month Unlimited \$60.00	3-month Pass \$150.00	Senior Pass 63+ \$30.00	2 week Special \$25.00	Buddy Fitness Unlimited \$100.00 for 2