

June Group Fitness Classes

Sun	Mon	Tue	Wed	Thur	Fri	Sat
5/30	5/31	6/1 Barbell Strength Training 5AM	6/2 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM Barbell Strength Training 6:30PM	6/3 Interval Training 5AM	6/4 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM	6/5 Cardio Kickboxing 8:30AM
6/6	6/7 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM Interval Training 6:30PM	6/8 Barbell Strength Training 5AM	6/9 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM Barbell Strength Training 6:20PM	6/10 Interval Training 5AM	6/11 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM	6/12 Cardio Kickboxing 8:30AM
6/13	6/14 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM Interval Training 6:30PM	6/15 Barbell Strength Training 5AM	6/16 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM Barbell Strength Training 6:30PM	6/17 Interval Training 5AM	6/18 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM	6/19 Cardio Kickboxing 8:30AM
6/20	6/21 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM Interval Training 6:30PM	6/22 Barbell Strength Training 5AM	6/23 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM Barbell Strength Training 6:30PM	6/24 Interval Training 5AM	6/25 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM	6/26 Cardio Kickboxing 8:30AM
6/27	6/28 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM Interval Training 6:30PM	6/29 Barbell Strength Training 5AM	6/30 Boot Camp 5AM, 6AM, 7AM, 8AM Prime Timers 9AM Barbell Strength Training 6:30PM			

For more information call (785) 922-4026 or visit dksportsfit.com