

STUDIO 'E' SUMMER 2019

SUMMER SESSION 1 -JUNE 3-JUNE 28 - 4 WEEKS

SUMMER SESSION 2-JULY 8-AUG 2, 2019-4 WEEKS

BREAK WEEK – JUNE 30-JULY 7, 2019

MONDAY	TUESDAY	WEDNESDAY	THURS	SAT
			YOGA INSPIRED STRETCH 9:00 AM	
				KETTLE BELLS 9:30 AM
	WOMEN'S SELF DEFENSE 6:00 PM		CARDIO & CORE FUSION 6:00 PM	
BEGINNER TRX TRAINING 7:15 PM				
	BEGINNER KETTLEBELLS 7:30 PM	KETTLE BELLS 7:30 PM		