

# JUNE

# 2019

FIP classes



## *Gunter Group*

### *Fitness Schedule*

Instructors: DE - Donna, MB - Michelle,  
DP- Dwayne

Schedules can be found at [www.lifeatthemax.us](http://www.lifeatthemax.us)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
					01	02
03   1130 Spin - Donna (Annex)	04   1130 Step - Donna 1630 Zumba - Michelle	05   1130 Body Extreme - Dwayne	06	07   1130 Body Extreme - Dwayne	08	09
10   1130 Spin - Donna (Annex)	11   1130 Turbokick - Donna 1630 Zumba - Michelle	12   1130 Body Extreme - Dwayne	13	14   1130 Body Extreme - Dwayne	15	16
17   1130 Spin - Donna (Annex)	18   1130 Step - Donna 1630 Zumba - Michelle	19   1130 Body Extreme - Dwayne	20   1600 Zumba - Donna	21   1130 Body Extreme - Dwayne	22   1000 Turbokick - Donna	23   1200 Spin - Donna (Annex)
24   1130 Spin - Donna (Annex)	25   1130 Turbokick - Donna 1630 Zumba - Michelle	26   1130 Body Extreme - Dwayne	27   1600 Zumba - Donna	28   1130 Body Extreme - Dwayne	29   1000 Turbokick - Donna	30   1200 Spin - Donna (Annex)