

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3 1130 Strength SW-Max 1730 HIIT ZF-Gun	4 0500 RIOT ZF-Gun 0600 Strength SW-Max 1130 Cardio SW-Gun 1600 Cardio KP-Max 1630 Turbokick ZF-Gun	5 1100 Tabata RH-Max 1130 Cardio KP-Gun 1700 Turbokick ZF-Max 1800 Zumba MB-Max	6 0500 RIOT ZF-Gun 0600 Strength SW-Max 1130 HIIT/Strength KP-Gun 1645 Spin-VM-Max	7 1130 Line Dancing KP-Max	8
9	10 1730 Circuits ZF-Gun	11 0500 RIOT ZF-Gun 0600 Strength SW-Max 1130 Cardio SW-Gun 1600 Cardio-KP Max 1630 Turbokick ZF-Gun	12 1100 Tabata RH-Max 1130 Cardio KP-Gun 1700 Turbokick ZF-Max 1800 Zumba MB-Max	13 0500 RIOT ZF-Gun 0600 Strength SW-Max 1130 HIIT/Strength KP-Gun 1645 Spin VM-Max	14 1130 Line Dancing KP-Max	15
16	17 1130 Strength SW-Max 1730 Circuits ZF-Gun	18 0500 RIOT ZF-Gun 0600 Strength SW-Max 1130 Cardio SW-Gun 1600 Cardio KP-Max 1630 Turbokick ZF-Gun		20 0500 RIOT ZF-Gun 0600 Strength SW-Max 1130 HIIT/Strength KP-Gun 1645 Spin VM-Max	21 1130 Line Dancing KP-Max	22
23	24 1130 Strength SW-Max 1730 HIIT ZF-Gun	25 0500 RIOT ZF-Gun 0600 Strength SW-Max 1130 Cardio SW-Gun 1630 Turbokick ZF-Gun 1600 Cardio-KP Max	26 1100 Tabata RH-Max 1130 Cardio KP-Gun 1700 Turbokick ZF-Max 1800 Zumba MB-Max	27 0500 RIOT ZF-Max 0600 Strength SW-Max 1130 HIIT/Strength KP-Gun 1645 Spin VM-Max	28 1130 Line Dancing KP-Max	29
30	1	Notes **FIP Classes**	Instructors: SW Shelby; MB Michelle; RH Rebecca; ZF Zelva; VM Veronica; KP Kashina **Schedules can be found www.lifeatthemax.us**			