Updated 5/30/2019

June 2019 Fitness Schedule - McDonald Hughes Community Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 3:30-4p Legs Get Together 4:10-4:40p Cardio Grit 4:45-5:15p Ab Attack 5:30-6:30p Zumba	4 12-12:45p HIIT 3:30-4p Fire Arms 4-4:30p Quick Fit 4:30-5p Ab Attack 5-5:30p Quick Fit	5 12-12:45p HIIT 3:30-4p Legs Get Together 4:10-4:40p Cardio Grit 4:45-5:15p Ab Attack	6 3:30-4p Ab Attack 4-4:30p Quick Fit 4:30-5p Fire Arms 5-5:30p Quick Fit 5:35-6:30p Line Dancing	7	8
9	10 3:30-4p Legs Get Together 4:10-4:40p Cardio Grit 4:45-5:15p Ab Attack ***<u>5:30-6:30p No Zumba tonight</u>***	11 12-12:45p HIIT 3:30-4p Fire Arms 4-4:30p Quick Fit 4:30-5p Ab Attack 5-5:30p Quick Fit	12 12-12:45p HIIT 3:30-4p Legs Get Together 4:10-4:40p Cardio Grit 4:45-5:15p Ab Attack	13 3:30-4p Ab Attack 4-4:30p Quick Fit 4:30-5p Fire Arms 5-5:30p Quick Fit 5:35-6:30p Line Dancing	14	15
16	17 3:30-4p Legs Get Together 4:10-4:40p Cardio Grit 4:45-5:15p Ab Attack 5:30-6:30p Zumba	18 12-12:45p HIIT 3:30-4p Fire Arms 4-4:30p Quick Fit 4:30-5p Ab Attack 5-5:30p Quick Fit	19 12-12:45p HIIT 3:30-4p Legs Get Together 4:10-4:40p Cardio Grit 4:45-5:15p Ab Attack	20 3:30-4p Ab Attack 4-4:30p Quick Fit 4:30-5p Fire Arms 5-5:30p Quick Fit 5:35-6:30p Line Dancing	21	22
23 30	24 3:30-4p Legs Get Together 4:10-4:40p Cardio Grit 4:45-5:15p Ab Attack 5:30-6:30p Zumba	25 12-12:45p HIIT 3:30-4p Fire Arms 4-4:30p Quick Fit 4:30-5p Ab Attack 5-5:30p Quick Fit	26 12-12:45p HIIT 3:30-4p Legs Get Together 4:10-4:40p Cardio Grit 4:45-5:15p Ab Attack	27 3:30-4p Ab Attack 4-4:30p Quick Fit 4:30-5p Fire Arms 5-5:30p Quick Fit 5:35-6:30p Line Dancing	28	29