

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ALL CLASSES ARE 45 MINUTES IN DURATION.

1

2

3

4

4:30 PM—  
CIRCUIT STRENGTH  
5:30 PM—YOGA

6

7

8

9

10

11

5:30 PM—KICKBOXING  
6:30 PM—YOGA

4:30 PM—  
CIRCUIT STRENGTH  
6:30 PM—YOGA

13

14

15

16

17

18

5:30 PM—KICKBOXING  
6:30 PM—YOGA

4:30 PM—  
CIRCUIT STRENGTH  
5:30 PM—YOGA

20

21

22

23

24

25

5:30 PM—KICKBOXING  
6:30 PM—YOGA

4:30 PM—  
CIRCUIT STRENGTH  
5:30 PM—YOGA

27

28

29

30

5:30 PM—KICKBOXING  
6:30 PM—YOGA

4:30 PM—  
CIRCUIT STRENGTH  
5:30 PM—YOGA

Like us on Facebook for class schedule updates.



**FCHC**  
Fitness

ARCHBOLD  
RUIHLEY PARK PAVILION

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J  
UNE

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

ALL CLASSES ARE 45 MINUTES IN DURATION.

1

2

3

4

10:00AM—SS CLASSIC®  
6:00 PM—SUNSET YOGA

6

7

8

9

10

11

10:00AM—SS CLASSIC®  
6:00 PM—SUNSET YOGA

10:00AM—SS CLASSIC®  
6:00 PM—SUNSET YOGA

13

14

15

16

17

18

10:00AM—SS CLASSIC®  
6:00 PM—SUNSET YOGA

10:00AM—SS CLASSIC®  
6:00 PM—SUNSET YOGA

20

21

22

23

24

25

10:00AM—SS CLASSIC®  
6:00 PM—SUNSET YOGA

10:00AM—SS CLASSIC®  
6:00 PM—SUNSET YOGA

27

28

29

30

10:00AM—SS CLASSIC®  
6:00 PM—SUNSET YOGA

10:00AM—SS CLASSIC®  
6:00 PM—SUNSET YOGA

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**FCHC**  
Fitness

SWANTON  
TRINITY UNITED METHODIST CHURCH

JUNE