



JUNE 2026 GROUP EXERCISE CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday
1 0615-0700 HIIT Judy 1300-1400 Total Body Pump Derick	2 0630-0730 Power Cycle Judy 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	3 1300-1400 Big Guns Cardio Stretch Derick	4 0630-0730 Power Cycle Judy 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	5 0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
8 0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	9 0630-0730 Power Cycle Judy 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	10 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	11 0630-0730 Power Cycle Judy 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	12 0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
15 0615-0700 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	16 0630-0730 Power Cycle Judy 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	17 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	18 0630-0730 Power Cycle Judy 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	19 JUNETEENTH (NO CLASSES)
22 0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	23 0630-0730 Power Cycle Judy 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate	24 1130-1230 Power Cycle Sandra 1300-1400 Big Guns Cardio Stretch Derick	25 0630-0730 Power Cycle Judy 1130-1215 Cardio Dance Kate 1215-1315 Pilates Kate	26 0630-0730 HIIT Judy 1100-1200 Yoga Flow Sandra 1300-1400 Total Body Pump Derick
29 0630-0730 HIIT Judy 1000-1100 Body Conditioning Sandra 1100-1200 Yoga Stretch Sandra 1300-1400 Total Body Pump Derick	30 0630-0730 Power Cycle Judy 1130-1215 Deep Stretch Kate 1215-1300 HIIT Kate			

PATRICK FITNESS CENTER, FRONT DESK 321-494-4947