



# ESRA Riverdale Group X Schedule JUNE 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
12:15-1:00PM	Muscle mix w/ Steve	Body Sculpt w/ Jhana	Ropes w/ Abby	Yoga w/ Gretchen	Bootcamp w/ Quentin
1:00-1:30PM	Yoga w/ G till 1:45p	Pilates w/ Abby	Core w/ Abby	<b>NO CLASS</b>	
5:15-6:00PM	Bootcamp w/ Sinclair	Step w/ Ginger	HIIT w/ Abby	Tabata w/ Ginger	
	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
12:15-1:00PM	Muscle mix w/ Steve	Body Sculpt w/ Jhana	Kettlebell w/ Abby	Yoga w/ Gretchen	<b>NO CLASS</b>
1:00-1:30PM	Yoga w/ G till 1:45p	Pilates w/ Abby	Core w/ Abby	<b>NO CLASS</b>	
5:15-6:00PM	Bootcamp w/ Sinclair	Step w/ Ginger	HIIT w/ Abby	Tabata w/ Ginger	
	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
12:15-1:00PM	Muscle mix w/ Steve	Body Sculpt w/ Jhana	HIIT w/ Abby	Yoga w/ Gretchen	Bootcamp w/ Quentin
1:00-1:30PM	Yoga w/ G till 1:45p	Pilates w/ Abby	Core w/ Abby	HIIT w/ Quentin	
5:15-6:00PM	Bootcamp w/ Sinclair	Step w/ Ginger	HIIT w/ Abby	<b>NO CLASS</b>	
	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
12:15-1:00PM	Muscle mix w/ Steve	Body Sculpt w/ Jhana	Cardio Shred w/ Abby	Yoga w/ Gretchen	Bootcamp w/ Quentin
1:00-1:30PM	Yoga w/ G till 1:45p	Pilates w/ Abby	Core w/ Abby	HIIT w/ Quentin	
5:15-6:00PM	Bootcamp w/ Sinclair	Step w/ Ginger	HIIT w/ Abby	Tabata w/ Ginger	