



PUSH Fitness Studio, Inc.

570.606.3312 ~ PushFitnessStudio.com ~ Facebook.com/pushfitnessstudio

JUNE 2017 SCHEDULE

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|---|--|--|---|----------------------------------|---|
| | | | | 1 8:30 Combat 9:45 Cardio Jam 5:30 *Step 6:30 Combat | 2 8:30 *PUMP 10:00 *Barre | 3 8:00 iINTERVAL 9:15 *PUMP 10:30 Zumba |
| 4 No Classes Today | 5 8:30 *PUMP 9:45 Walk Live 5:00 *TRX (30) 5:45 *PUMP 7:00 *BARRE | 6 8:30 *STEP 9:30 *TRX(45) 5:30 Cardio Jam 6:30 COMBAT | 7 8:30 *PUMP 9:45 Walk Live 5:30 TABATA 6:30 – *Pump/ Hi-Lo Combo | 8 8:30 Combat 9:45 Cardio Jam 5:30 *Step 6:30 Combat | 9 8:30 *PUMP 10:00 *Barre | 10 8:00 iINTERVAL 9:15 *PUMP 10:30 Zumba |
| 11 No Classes Today | 12 8:30 *PUMP 9:45 Walk Live 5:00 *TRX (30) 5:45 *PUMP 7:00 *BARRE | 13 8:30 *STEP 9:30 *TRX(45) 5:30 Cardio Jam 6:30 COMBAT | 14 8:30 *PUMP 9:45 Walk Live 5:30 TABATA 6:30 – *Pump/ Hi-Lo Combo | 15 8:30 Combat 9:45 Cardio Jam 5:30 *Step 6:30 Combat | 16 8:30 *PUMP | 17 8:00 iINTERVAL 9:15 *PUMP 10:30 Zumba |
| 18 No Classes Today | 19 8:30 *PUMP 9:45 Walk Live 5:00 *TRX (30) 5:45 *PUMP 7:00 *BARRE | 20 8:30 *STEP 9:30 *TRX(45) 5:30 Cardio Jam 6:30 COMBAT | 21 8:30 *PUMP 9:45 Walk Live 5:30 TABATA 6:30 – *Pump/ Hi-Lo Combo | 22 8:30 Combat 9:45 Cardio Jam 5:30 *Step 6:30 Combat | 23 8:30 *PUMP 10:00 *Barre | 24  Launch Day! 8:30 *PUMP 9:45 Combat 11:00 Zumba  |
| 25 No Classes Today | 26 8:30 *PUMP 9:45 Walk Live 5:00 *TRX (30) 5:45 *PUMP 7:00 *BARRE | 27 8:30 *STEP 9:30 *TRX(45) 5:30 Cardio Jam 6:30 COMBAT | 28 8:30 *PUMP 9:45 Cardio Jam 5:30 TABATA 6:30 – *Pump/ Hi-Lo Combo | 29 8:30 Combat 9:45 Cardio Jam 5:30 *Step 6:30 Combat | 30 8:30 *PUMP 10:00 *Barre | |

- **CLASSES IN BLUE = CHILD CARE AVAILABLE**
- *Use Mindbody to sign up for Bodypump, Step and TRX classes

To learn more about the Mindbody software we use to book classes visit
<http://pushfitnessstudio.com/mindbodysetup.aspx>