


# Workouts Unlimited Group X Classes June 2022

Check website [www.workoutsunlimited.com](http://www.workoutsunlimited.com)  
for updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			5:15am- Unloaded- Kat 8:30am- TRX-Kadi 9:30am-SS Combo-Kadi 4:00pm- Spin- <b>Abby</b> 5:30pm-Yoga- <b>Lis</b>	5:30am-Pilates-Jennie 8:30am- Spin Fusion-Amy 4:15pm- Tabata- Bethany- <b>CANCELED</b>	<b>5:00am-TRX-Kadi</b> 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy	7:30am-Spin-Kadi  8:30am- Yoga- Kadi
	6	7	8	9	10	11
	5:15am-Unloaded-Kat 8:30am- Spin- <b>Amy</b> 10:15am-SS Combo-Amy 4:15pm-Sculpt-Kadi 5:30pm- Yoga- <b>Lis</b>	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 9:30am-Yoga- Kadi	5:15am- Unloaded- Kat 8:30am- TRX-Kadi 9:30am-SS Combo-Kadi 4:00pm- Spin- <b>Abby</b> 5:30pm-Yoga- <b>Lis</b>	5:30am-Pilates-Jennie 8:30am- Spin Fusion-Amy 4:15pm- Tabata- <b>Bethany</b>	<b>5:00am-TRX-Kadi</b> 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy	7:30am- Spin-Kadi  8:30am- Yoga- Kadi
	13	14	15	16	17	18
	5:15am-Unloaded-Kat 8:30am- Spin- <b>Amy</b> 10:15am-SS Combo-Amy 4:15pm-Sculpt-Kadi 5:30pm- Yoga- Kadi	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 9:30am-Yoga- Kadi	5:15am- Unloaded- Kat 8:30am- TRX- Kadi 9:30am-SS Combo-Kadi 4:00pm- Spin- Kadi 5:30pm-Yoga-Kadi	5:30am-Pilates-Jennie 8:30am- Spin Fusion-Amy 4:15pm- Tabata- <b>Bethany</b>	<b>5:00am-TRX-Kadi</b> 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy	7:30am- Spin-Kadi  8:30am- Yoga- Kadi
	20	21	22	23	24	25
	5:15am-Unloaded-Kat 8:30am- Spin- <b>Amy</b> 10:15am-SS Combo-Amy 4:15pm-Sculpt-Kadi 5:30pm- Yoga- <b>Lis</b>	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 9:30am-Yoga- Kadi	5:15am- Unloaded- Kat 8:30am- TRX-Kadi 9:30am-SS Combo-Kadi 4:00pm- Spin- <b>Abby</b> 5:30pm-Yoga- <b>Lis</b>	5:30am-Pilates-Jennie 8:30am- Spin Fusion-Amy 4:15pm- Tabata- <b>Bethany</b>	<b>5:00am-TRX-Kadi</b> 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy	7:30am-Spin-Kadi  8:30am- Yoga- Kadi
	27	28	29	30		
	5:15am-Unloaded-Kat 8:30am- Spin- <b>Amy</b> 10:15am-SS Combo-Amy 4:15pm-Sculpt-Kadi 5:30pm- Yoga- <b>Lis</b>	5:00am- Spin-Kadi 8:30am-Sculpt-Amy 9:30am-Yoga- Kadi	5:15am-Unloaded-Kat 8:30am- TRX-Kadi 9:30am-SS Combo- <b>Kadi</b> 4:00pm- Spin- <b>Abby</b> 5:30pm-Yoga-Lis	5:30am-Pilates-Jennie 8:30am- Spin Fusion-Amy 4:15pm- Tabata- <b>Bethany</b>		

**All classes, times and instructors are subject to change and/or cancellation.**