



GYMDOG FITNESS

GORDON FITNESS CENTER



29607 Barnes Ave
Fort Gordon, GA 30905

JUNE CALENDAR OF SUB/ALTERNATE INSTRUC

YELLOW = SUB FOR CLASS; ALL OTHERS ARE ALTERNATES

MON	TUE	WED	THUR	FRI	SAT	S
					<u>1</u> 8:45 am TRX – Matt 9:30 am CYCLE – Matt	<u>2</u>
<u>3</u> 5:30 pm CYCLE– Matt 6:30 pm YOGA - Grace	<u>4</u> 10:00 am TONE-Karen 4:30 pm CORE – Matt 5:30 pm FUNCTN - Matt	<u>5</u> 5:30 pm CYCLE–Joe	<u>6</u> 4:30 pm ZUMBA-Naldine 5:30 pm BAR – Amber 6:30 pm YOGA-Nancy	<u>7</u>	<u>8</u> 8:45 am TRX – Amber 9:30 am CYCLE – Amber	<u>9</u>
<u>10</u> 5:30 pm CYCLE–Joe 5:30 pm STRONG-Karen 6:30 pm YOGA – Nancy	<u>11</u> 4:30 pm CORE - Matt 5:30 pm FUNCTN -Matt	<u>12</u> 5:30 pm CYCLE–Matt	<u>13</u> 4:30 pm ZUMBA-Naldine 5:30 pm BAR – Ammie 6:30 pm YOGA-Grace	<u>14</u> 9:30 am ZUMBA - April 4:30 pm ZUMBA - Joni	<u>15</u> 8:45 am TRX – Joe 9:30 am CYCLE – Joe 10:00 am ZUMBA–April Z	<u>16</u>
<u>17</u> 4:30 pm ZUMBA-Angie 5:30 pm CYCLE–Joe 6:30 pm YOGA – Grace	<u>18</u> 5:30am CYCLE-Roxanne 4:30 pm CORE - Ingrid 5:30 pm TRX -Joe	<u>19</u> 5:30 pm CYCLE–Joe	<u>20</u> 5:30 pm BAR – Ammie 6:30 pm YOGA-Nancy	<u>21</u>	<u>22</u> 8:45 am TRX – Amber 9:30 am CYCLE – Amber	<u>23</u>
<u>24</u> 5:30 pm CYCLE– Matt 6:30 pm YOGA – Nancy	<u>25</u> 4:30 pm CORE - Ingrid 5:30 pm TRX -Joe	<u>26</u> 5:30 pm CYCLE–Matt	<u>27</u> 5:30 pm BAR – Amber 6:30 pm YOGA-Nancy	<u>28</u>	<u>29</u> 8:45 am TRX – Amber 9:30 am CYCLE – Amber	<u>30</u>