

# June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Trinity Gym Hours:</b> Mon-Fri. 7am-1pm, 4pm-8pm</p> <p>Saturday 8am-1pm <b>Sunday 10a-12pm</b> www.trinitybody.com</p>		<p><b>1</b> 7:30-8:30am Pwr Yoga 6-7pm Cardio KB 6:30-7pm Bodysculpt 7-8pm Kickboxing 7-9pm TKD Team <b>8-9pm Adv. Kickboxing</b></p>	<p><b>2</b> 7:30-8:30am Kickboxing 6-7pm Kickboxing</p>	<p><b>3</b> 7:30-8:30am Pwr Yoga 6:30-7pm Bodysculpt 7-8pm Kickboxing 7-9pm TKD Team</p>	<p><b>4</b> 7:30-8:30am Kickboxing 6:30-7:30pm Kickboxing 6:30-8:30 TKD Team</p>	<p><b>5</b> <b>9-10 Cardio KB</b> 9-11:30am TKD Team 10-11:30am Kickboxing 12-1pm Yoga 1-2:30ppm Drum Circle</p>
<p><b>6</b> <b>10-11am Yoga</b></p>	<p><b>7</b> 7:30-8:30am Kickboxing 6:30-7:30pm Kickboxing 6:30-8:30pm TKD Team</p>	<p><b>8</b> 7:30-8:30am Pwr Yoga 6-7pm Cardio KB 6:30-7pm Bodysculpt 7-8pm Kickboxing 7-9pm TKD Team <b>8-9pm Adv. Kickboxing</b></p>	<p><b>9</b> 7:30-8:30am Kickboxing 6-7pm Kickboxing</p>	<p><b>10</b> 7:30-8:30am Pwr Yoga 6:30-7pm Bodysculpt 7-8pm Kickboxing 7-9pm TKD Team</p>	<p><b>11</b> 7:30-8:30am Kickboxing 6:30-7:30pm Kickboxing 6:30-8:30 TKD Team</p>	<p><b>12</b> <b>9-10 Cardio KB</b> 9-11:30am TKD Team 10-11:30am Kickboxing 12-1pm Yoga 1-2:30ppm Drum Circle</p>
<p><b>13</b> <b>10-11am Yoga</b></p>	<p><b>14</b> 7:30-8:30am Kickboxing 6:30-7:30pm Kickboxing <b>8:00-9:00pm TAKE 21</b> 6:30-8:30pm TKD Team</p>	<p><b>15</b> 7:30-8:30am Pwr Yoga 6-7pm Cardio KB 6:30-7pm Bodysculpt 7-8pm Kickboxing 7-9pm TKD Team <b>8-9pm Adv. Kickboxing</b></p>	<p><b>16</b> 7:30-8:30am Kickboxing 6-7pm Kickboxing</p>	<p><b>17</b> 7:30-8:30am Pwr Yoga 6:30-7pm Bodysculpt 7-8pm Kickboxing 7-9pm TKD Team</p>	<p><b>18</b> 7:30-8:30am Kickboxing 6:30-7:30pm Kickboxing 6:30-8:30 TKD Team</p>	<p><b>19</b> <b>9-10 Cardio KB</b> 9-11:30am TKD Team 10-11:30am Kickboxing 12-1pm Yoga 1-2:30ppm Drum Circle</p>
<p><b>20</b> <b>10-11am Yoga</b></p>	<p><b>21</b> 7:30-8:30am Kickboxing 6:30-7:30pm Kickboxing <b>8:00-9:00pm TAKE 21</b> 6:30-8:30pm TKD Team</p>	<p><b>22</b> 7:30-8:30am Pwr Yoga 6-7pm Cardio KB 6:30-7pm Bodysculpt 7-8pm Kickboxing 7-9pm TKD Team <b>8-9pm Adv. Kickboxing</b></p>	<p><b>23</b> 7:30-8:30am Kickboxing 6-7pm Kickboxing</p>	<p><b>24</b> 7:30-8:30am Pwr Yoga 6:30-7pm Bodysculpt 7-8pm Kickboxing 7-9pm TKD Team</p>	<p><b>25</b> 7:30-8:30am Kickboxing 6:30-7:30pm Kickboxing 6:30-8:30 TKD Team</p>	<p><b>26</b> <b>9-10 Cardio KB</b> 9-11:30am TKD Team 10-11:30am Kickboxing 12-1pm Yoga 1-2:30ppm Drum Circle</p>
<p><b>27</b> <b>10-11am Yoga</b></p>	<p><b>28</b> 7:30-8:30am Kickboxing 6:30-7:30pm Kickboxing <b>8:00-9:00pm TAKE 21</b> 6:30-8:30pm TKD Team</p>	<p><b>29</b> 7:30-8:30am Pwr Yoga 6-7pm Cardio KB 6:30-7pm Bodysculpt 7-8pm Kickboxing 7-9pm TKD Team <b>8-9pm Adv. Kickboxing</b></p>	<p><b>30</b> 7:30-8:30am Kickboxing 6-7pm Kickboxing</p>			