



June 2018 Schedule

542 – 2nd Ave.
Rivers Mb.

Follow us on FaceBook for updates!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
June 4 6:30pm – Step Aerobics w/ Michelle	June 5 6:15am – Rise & Shine Combo w/ Michelle	June 6 10:00am – Total Body Core w/Danielle 6:30pm – Step Aerobics w/ M	June 7 6:15am – Rise & Shine Combo w/ Michelle 6:00pm – Summer Bootcamp w/Danielle
11 6:30pm – Step Aerobics w/ Michelle	12 6:15am – Rise & Shine Combo w/ Michelle	13 10:00am – Total Body Core w/Danielle 6:30pm – Step Aerobics w/ M	14 6:15am – Rise & Shine Combo w/ Michelle 6:00pm – Summer Bootcamp w/Danielle
18 6:30pm – Step Aerobics w/ Michelle	19 6:15am – Rise & Shine Combo w/ Michelle	20 10:00am – Total Body Core w/Danielle 6:30pm – Step Aerobics w/ M	21 6:15am – Rise & Shine Combo w/ Michelle 6:00pm – Summer Bootcamp w/Danielle
25 6:30pm – Step Aerobics w/ Michelle	26 6:15am – Rise & Shine Combo w/ Michelle	27 10:00am – Total Body Core w/Danielle 6:30pm – Step Aerobics w/ M	28 6:15am – Rise & Shine Combo w/ Michelle 6:00pm – Summer Bootcamp w/Danielle
July 2 6:30pm – Step Aerobics w/ Michelle	July 3 6:15am – Rise & Shine Combo w/ Michelle	July 4 10:00am – Total Body Core w/Danielle 6:30pm – Step Aerobics w/ M	July 5 6:15am – Rise & Shine Combo w/ Michelle 6:00pm – Summer Bootcamp w/Danielle

All Classes with Michelle require pre-paid punch cards – no registrations necessary. \$55/5 classes, \$100/10 classes, \$135/15 classes
 Michelle: (204) 679-7806 butterfly@mts.net

To register for Danielle's Classes (\$10/class or \$80/10 classes) Email: serenitydoulabdn@gmail.com