

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1	2
	5:30am - TBC Tanya 9am - Butts&Guts Tanya 9:30am - TBC Tanya 4:30pm - Low Impact Stacey 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Ginnine 7:30pm - Yoga Brittany	5:30am - Power HR Stacey 6:30am - Yoga Laurie (DS) 9:30am - Bosu Burn Stacey 5:30pm - Bootcamp Tiffany 6:30pm - Kickboxing Tanya 7pm - Pilates Amy (DS)	5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - PiYo Kristen 4:30pm - Low Impact Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	5:30am - Power HR Stacey 9:30am - Barre Jenn (DS) 10:45am - HotYoga Brittany (DS) 5:30pm - Zumba Toning Rolanda 6:30pm - HIIT Tiffany 7:30pm - Yoga Laurie (DS)	5:30am - Kickboxing Tanya 8:15am - Pilates Amy 9am - PiYo Xpress Kristen 9:30am - C.Dance/Toning Kristen 4:45pm - Low Impact Stacey	8:15am - Step Interval Tanya 9:15am - Cycle Ginnine 10:15am - Gentle Yoga Laurie
3	4	5	6	7	8	9
	5:30am - TBC Tanya 9am - PiYoXpress Kristen 9:30am - C.Dance Kristen 4:30pm - Burn Stacey 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Ginnine 6:45pm - Yoga Brittany(Room A)	5:30am - Power HR Stacey 6:30am - Yoga Laurie (DS) 9:30am - Bosu Burn Stacey 5:30pm - Bootcamp Tiffany 6:30pm - Kickboxing Tanya 7pm - Pilates Amy (DS)	5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - PiYo Kristen 4:30pm - Burn Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	5:30am - Power HR Stacey 9:30am - Barre Jenn (DS) 10:45am - HotYoga Brittany (DS) 5:30pm - Zumba Toning Rolanda 6:30pm - HIIT Tiffany 7:30pm - Yoga Laurie (DS)	5:30am - Kickboxing Tanya 8:15am - Pilates Amy 9am - Butts&Guts Tanya 9:30am - TBC Tanya 4:45pm - Burn Stacey	8:15am - Bootcamp Tanya 9:15am - Burn Stacey 10:15am - V.Flow Yoga Brittany
10	11	12	13	14	15	16
	5:30am - TBC Tanya 9am - Butts&Guts Tanya 9:30am - TBC Tanya 4:30pm - Low Impact Stacey 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Tanya 6:45pm - Yoga Brittany(Room A)	5:30am - Power HR Stacey 6:30am - Yoga Laurie (DS) 9:30am - Bosu Burn Stacey 5:30pm - Bootcamp Tiffany 6:30pm - Kickboxing Tanya 7pm - Pilates Amy (DS)	5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - PiYo Kristen 4:30pm - Low Impact Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Tanya	5:30am - Power HR Stacey 9:30am - Barre Jenn (DS) 10:45am - HotYoga Brittany (DS) 5:30pm - Zumba Toning Rolanda 6:30pm - HIIT Tiffany 7:30pm - Yoga Laurie (DS)	5:30am - Kickboxing Tanya 8:15am - Pilates Amy 9am - PiYo Xpress Kristen 9:30am - C.Dance/Toning Kristen 4:45pm - Low Impact Stacey	8:15am - Pound Rolanda 9:15am - Zumba 10:15am - Gentle Yoga Laurie
17	18	19	20	21	22	23
	5:30am - TBC Tanya 9am - Butts&Guts Tanya 9:30am - TBC Tanya 4:30pm - Burn Stacey 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Ginnine 6:45pm - Yoga Brittany(Room A)	5:30am - Power HR Stacey 6:30am - Yoga Laurie (DS) 9:30am - Bosu Burn Stacey 5:30pm - Bootcamp Tiffany 6:30pm - Kickboxing Tanya 7pm - Pilates Amy (DS)	5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - PiYo Kristen 4:30pm - Burn Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	5:30am - Power HR Stacey 9:30am - Barre Jenn (DS) 10:45am - HotYoga Brittany (DS) 5:30pm - Zumba Toning Rolanda 6:30pm - HIIT Tiffany 7:30pm - Yoga Laurie (DS)	5:30am - TBD 8:15am - Pilates Amy 9am - PiYo Xpress Kristen 9:30am - C.Dance/Toning Kristen 4:45pm - Burn Stacey	8:15am - Bootcamp Tiffany 9:15am - C.Dance Tiffany 10:15am - V.Flow Yoga Brittany
24	25	26	27	28	1	2
	5:30am - TBC Tanya 9am - Butts&Guts Tanya 9:30am - TBC Tanya 4:30pm - Low Impact Stacey 5:30pm - C.Dance/Toning Kristen 6:30pm - Cycling Ginnine 6:45pm - Yoga Brittany(Room A)	5:30am - Power HR Stacey 6:30am - Yoga Laurie (DS) 9:30am - Bosu Burn Stacey 5:30pm - Bootcamp Tiffany 6:30pm - Kickboxing Tanya 7pm - Pilates Amy (DS)	5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - PiYo Kristen 4:30pm - Low Impact Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	5:30am - Power HR Stacey 9:30am - Barre Jenn (DS) 10:45am - HotYoga Brittany (DS) 5:30pm - Zumba Toning Rolanda 6:30pm - HIIT Tiffany 7:30pm - Yoga Laurie (DS)	5:30am - Kickboxing Tanya 8:15am - Pilates Amy 9am - PiYo Xpress Kristen 9:30am - C.Dance/Toning Kristen 4:45pm - Low Impact Stacey	8:15am - TBC Tanya 9:15am - Cycle Ginnine 10:15am - Yoga Staff