

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