

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
5am - Abs+Tanya 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 9:30am - Yoga Melissa (DS) 4:30pm - Burn Stacey 5:45pm - C.Dance/Toning Kristen 6:45pm - Cycle Tanya	5:15am - Core Stacey 5:30am - Power HR Stacey 6:30am - Yoga Laurie 9:45am - Power Yoga Laurie 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 7pm - Core and More Amy (DS)	5am - Abs+ Tanya 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba + Carina 12pm - Yoga Melissa 4:30pm - Burn Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power Express Stacey 9:30am - Barre Sculpt Tanya 9:45am - Yin Yoga Brittany 12:15pm - Meditation (30) Laurie 5:30pm - Zumba Toning Rolanda 6pm - Yoga Brit (DS) 7pm - Barre Amy	5:30am - PiYo Kristen 9:30am - COMMIT Dance Tara 4:45pm - Burn Stacey	8:15am - Zumba Rolanda 9:15am - Pound Rolanda 10:15am - Yoga Laurie	
6	7	8	9	10	11	12
5am - Abs+Tanya 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 9:30am - Yoga Melissa (DS) 4:30pm - Low Impact Stacey 5:45pm - C.Dance/Toning Kristen 6:45pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power HR Stacey 6:30am - Yoga Laurie 9:45am - Power Yoga Brittany 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 7pm - Core and More Amy (DS)	5am - Abs+ Tanya 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba + Carina 12pm - Yoga Melissa 4:30pm - Low Impact Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Tanya	5:15am - Core Stacey 5:30am - Power Express Stacey 9:30am - Tanya NEW 9:45am - Yin Yoga Brittany 12:15pm - Meditation (30) Laurie 5:30pm - Zumba Carina 6pm - Yoga Laurie (DS) 7pm - Barre Amy	5am - Abs+Tanya 5:30am - Kickboxing Tanya 9:30am - COMMIT Dance Tara 4:45pm - Low Impact Stacey 5:45pm - Dance Party Team	8:15am - Kickboxing/Strength 9:15am - C.Dance Kristen	
13	14	15	16	17	18	19
5am - Abs+Tanya 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 9:30am - Yoga Melissa (DS) 4:30pm - Burn Stacey 5:45pm - C.Dance/Toning Kristen 6:45pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power HR Stacey 6:30am - Yoga Laurie 9:45am - Power Yoga Brittany 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 7pm - Core and More Amy (DS)	5am - Abs+ Tanya 5:30am - Bootcamp Tanya 9:30am - Kickboxing 10:30am - Zumba + Carina 12pm - Yoga Melissa 4:30pm - Burn Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power Express Stacey 9:30am - Tanya NEW 9:45am - Yin Yoga Brittany 12:15pm - Meditation (30) Laurie 4:30pm - Burn Stacey 5:30pm - Zumba Toning Rolanda 6pm - Yoga Laurie (DS)	5am - Abs+Tanya 5:30am - Kickboxing Tanya 9:30am - COMMIT Dance Tara 4:45pm - *Thurs 430PM	8:15am - Zumba Rolanda 9:15am - Pound Rolanda 10:15am - Gentle Yoga Laurie	
20	21	22	23	24	25	26
5am - Abs+Tanya 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 9:30am - Yoga Melissa (DS) 4:30pm - Low Impact Stacey 5:45pm - C.Dance/Toning Kristen 6:45pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power HR Stacey 6:30am - Yoga Laurie 9:45am - Power Yoga Brittany 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 7pm - Core and More Amy (DS)	5am - Abs+ Tanya 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba + Carina 12pm - Yoga Melissa 4:30pm - Low Impact Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power Express Stacey 9:30am - Tanya NEW 9:45am - Yin Yoga Brittany 12:15pm - Meditation (30) Laurie 4:30pm - Low Impact Stacey 5:30pm - Zumba Toning Rolanda 6pm - Yoga Laurie (DS)	5am - Abs+Tanya 5:30am - Kickboxing Tanya 9:30am - Zumba Carina 4:45pm - *Thurs 430PM	8:15am - TBC Tanya 9:15am - Strong Tiffany 10:15am - Yoga Brittany	
27	28	29	30	31	1	2
5am - Abs+Tanya 5:30am - TBC Tanya 9am - Abs Xpress Tanya 9:30am - TBC Tanya 9:30am - Yoga Melissa (DS) 4:30pm - Burn Stacey 5:45pm - C.Dance/Toning Kristen 6:45pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power HR Stacey 6:30am - Yoga Laurie 9:45am - Power Yoga Brittany 12:15pm - Meditation (30) Laurie 5:30pm - Bootcamp Tiffany 7pm - Core and More Amy (DS)	5am - Abs+ Tanya 5:30am - Bootcamp Tanya 9:30am - Kickboxing Tanya 10:30am - Zumba + Carina 12pm - Yoga Melissa 4:30pm - Burn Stacey 5:30pm - Cardio Dance Tiffany 6:30pm - Cycling Ginnine	5:15am - Core Stacey 5:30am - Power Express Stacey 9:30am - Tanya NEW 9:45am - Yin Yoga Brittany 12:15pm - Meditation (30) Laurie 5:30pm - Zumba Toning Rolanda 6pm - Yoga Laurie (DS) 7pm - Barre Amy			