

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