

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