

MON	TUE	WED	THU	FRI
	1	2	3	4
	NO CLASSES		9:30 - 10:30 AM Easy Adult Fitness <i>Dolores</i>	NO CLASSES
		12:15 - 12:45 PM Yoga <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	
			1:00 - 2:00 PM Light Adult Fitness Yoga <i>Kerri</i>	
		5:30 - 6:00 PM 30 Min Spin <i>Josie</i>	5:30 - 6:20 PM Get Ripped <i>Zirkia</i>	
7	8	9	10	11
	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	NO CLASSES
12:15 - 12:45 PM Spin <i>Shay</i>	12:15 - 12:45 PM Get Ripped <i>Suzie</i>	12:15 - 12:45 PM Yoga <i>Suzie</i>	12:15 - 12:45 PM Core Workout <i>Cindy</i>	
	1:00 - 2:00 PM Light Adult Fitness Cardio & Core <i>Suzie</i>		1:00 - 2:00 PM Light Adult Fitness Stride & Strength <i>Cindy</i>	
	5:30 - 6:20 PM Yoga <i>Suzie</i>	5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	5:30 - 6:20 PM Step Into Fitness <i>Cindy</i>	
14	15	16	17	18
	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	NO CLASSES
12:15 - 12:45 PM Spin <i>Shay</i>	12:15 - 12:45 PM Core Workout <i>Shelly</i>	12:15 - 12:45 PM Yoga <i>Suzie</i>	12:15 - 12:45 PM Get Ripped <i>Zirkia</i>	
	1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Gentle Yoga <i>Zirkia</i>	
	5:30 - 6:20 PM Gentle Yoga <i>Zirkia</i>	5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	5:30 - 6:20 PM Kickboxing <i>Shelly</i>	
21	22	23	24	25
	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	NO CLASSES
12:15 - 12:45 PM Spin <i>Shay</i>	12:15 - 12:45 PM Core Workout <i>Josie</i>	12:15 - 12:45 PM Yoga <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	
	1:00 - 2:00 PM Light Adult Fitness Toned & Stretch <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Track Interval <i>Zirkia</i>	
	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Shay</i>	5:30 - 6:20 PM Step <i>Shelly</i>	
28	29	30	31	
	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	
12:15 - 12:45 PM Spin <i>Shay</i>	12:15 - 12:45 PM Core Workout <i>Josie</i>	12:15 - 12:45 PM Yoga <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Josie</i>	
	1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i>	
	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Shay</i>	5:30 - 6:20 PM Get Ripped <i>Zirkia</i>	