

MON	TUE	WED	THU	FRI
				1
				<u>NO CLASSES</u>
4	5	6	7	8
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness Zirkia		9:30 - 10:30 AM Easy Adult Fitness Kerri	<u>NO CLASSES</u>
	12:15 - 12:45 PM Core Workout Josie	12:15 - 12:45 PM Yoga Josie	12:15 - 12:45 PM Get Ripped Josie	
	1:00 - 2:00 PM Light Adult Fitness Spin Interval Zirkia		1:00 - 2:00 PM Light Adult Fitness Stride & Strength Cindy	
	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM Kickboxing Cindy	5:30 - 6:20 PM Body Sculpt Cindy	
11	12	13	14	15
	9:30 - 10:30 AM Easy Adult Fitness Zirkia		9:30 - 10:30 AM Easy Adult Fitness Zirkia	<u>NO CLASSES</u>
12:15 - 12:45 PM Spin Shay	12:15 - 12:45 PM Core Workout Shelly	12:15 - 12:45 PM Gentle Yoga Zirkia	12:15 - 12:45 PM Get Ripped Zirkia	
	1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch Zirkia		1:00 - 2:00 PM Light Adult Fitness Zumba Zirkia	
	5:30 - 6:20 PM Gentle Yoga Zirkia	5:30 - 6:00 PM 30 Min Spin Shelly	5:30 - 6:20 PM Kickboxing Cindy	
18	19	20	21	22
	9:30 - 10:30 AM Easy Adult Fitness Suzie		9:30 - 10:30 AM Easy Adult Fitness Suzie	<u>NO CLASSES</u>
12:15 - 12:45 PM Spin Shay	12:15 - 12:45 PM Core Workout Shelly	12:15 - 12:45 PM Yoga Kerri	12:15 - 12:45 PM Strength Core & Balance Cindy	
	1:00 - 2:00 PM Light Adult Fitness Yoga Suzie		1:00 - 2:00 PM Light Adult Fitness Stride & Strength Cindy	
	5:30 - 6:20 PM Yoga Kerri	5:30 - 6:00 PM 30 Min Spin Shay	5:30 - 6:20 PM Step Into Fitness Cindy	
25	26	27	28	29
	9:30 - 10:30 AM Easy Adult Fitness Zirkia		9:30 - 10:30 AM Easy Adult Fitness Zirkia	<u>NO CLASSES</u>
12:15 - 12:45 PM Spin Shay	12:15 - 12:45 PM Core Workout Josie	12:15 - 12:45 PM Yoga Josie	12:15 - 12:45 PM Get Ripped Josie	
	1:00 - 2:00 PM Light Adult Fitness Toned & Stretch Zirkia		1:00 - 2:00 PM Light Adult Fitness Gentle Yoga Zirkia	
	5:30 - 6:20 PM Yoga Josie	5:30 - 6:00 PM 30 Min Spin Shay	5:30 - 6:20 PM Body Sculpt Cindy	