

MON	TUE	WED	THU	FRI
3	4	5	6	7
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	<u>NO CLASSES</u>
	12:15 - 12:45 PM Spin <i>Zirkia</i>	12:15 - 12:45 PM Core Workout <i>Shay</i>	12:15 - 12:45 PM Strength Core & Balance <i>Cindy</i>	
	1:00 - 2:00 PM Light Adult Fitness Yoga <i>Gloria</i>		1:00 - 2:00 PM Light Adult Fitness Total Body Conditioning <i>Shay</i>	
	5:30 - 6:20 PM Yoga <i>Zirkia</i>		5:30 - 6:20 PM Kickboxing <i>Cindy</i>	
10	11	12	13	14
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	<u>NO CLASSES</u>
	12:15 - 12:45 PM Spin <i>Shay</i>	12:15 - 12:45 PM Get Ripped <i>Shelly</i>	12:15 - 12:45 PM Core Workout <i>Cindy</i>	
	1:00 - 2:00 PM Light Adult Fitness Core & Stretch <i>Shay</i>		1:00 - 2:00 PM Light Adult Fitness Urban Poling <i>Gloria</i>	
	5:30 - 6:20 PM Band Bootcamp <i>Shay</i>	5:30 - 6:00 PM 30 Min Spin <i>Shelly</i>	5:30 - 6:20 PM Step into Fitness <i>Cindy</i>	
17	18	19	20	21
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Zirkia</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>	<u>NO CLASSES</u>
	12:15 - 12:45 PM Spin <i>Zirkia</i>	12:15 - 12:45 PM Yoga <i>Josie</i>	12:15 - 12:45 PM Core Workout <i>Josie</i>	
	1:00 - 2:00 PM Light Adult Fitness Toned & Yoga <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 Body Sculpt <i>Cindy</i>	
24	25	26	27	28
<u>NO CLASSES</u>	9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Zirkia</i>	<u>NO CLASSES</u>
	12:15 - 12:45 PM Spin <i>Shay</i>	12:15 - 12:45 PM Yoga <i>Zirkia</i>	12:15 - 12:45 PM Core Workout <i>Cindy</i>	
	1:00 - 2:00 PM Light Adult Fitness Spin Interval <i>Shay</i>		1:00 - 2:00 PM Light Adult Fitness Gentle Yoga <i>Zirkia</i>	
	5:30 - 6:20 PM Yoga <i>Zirkia</i>	5:30 - 6:00 PM 30 Min Spin <i>Shay</i>	5:30 - 6:20 PM Kickboxing <i>Cindy</i>	
31				
<u>NO CLASSES</u>				