

SUN		MON		TUE		WED		THU		FRI		SAT	
1		2		3		4		5		6		7	
				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Zirkia</i>				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i>				<u>9:30 - 10:20 AM</u> Stride & Strength <i>Cindy</i>	
		<u>12:15 - 12:45 PM</u> Spin <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Core Workout <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Cardio/Strength Surprise <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Get Ripped <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Yoga <i>Suzie</i>			
		<u>1:00 - 2:00 PM</u> Light Adult Fitness Ripped & Yoga <i>Suzie</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Spin Interval <i>Zirkia</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Track Interval <i>Suzie</i>			
		<u>5:30 - 6:20 PM</u> Stride & Strength <i>Cindy</i>		<u>5:30 - 6:20 PM</u> Yoga <i>Suzie</i>		<u>5:30 - 6:00 PM</u> 30 Min Spin <i>Suzie</i>		<u>5:30 - 6:20 PM</u> Step Into Fitness <i>Cindy</i>		<u>5:30 - 6:20 PM</u> Strength Core & Balance <i>Cindy</i>			
8		9		10		11		12		13		14	
				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Zirkia</i>				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Suzie</i>				<u>9:30 - 10:20 AM</u> Stride & Strength <i>Suzie</i>	
		<u>12:15 - 12:45 PM</u> Spin <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Core Workout <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Cardio/Strength Surprise <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Get Ripped <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Yoga <i>Suzie</i>			
		<u>1:00 - 2:00 PM</u> Light Adult Fitness Gentle Yoga <i>Zirkia</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Toned & Yoga <i>Zirkia</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Ripped & Cardio <i>Suzie</i>			
		<u>5:30 - 6:20 PM</u> Zumba <i>Zirkia</i>		<u>5:30 - 6:20 PM</u> Yoga <i>Suzie</i>		<u>5:30 - 6:00 PM</u> 30 Min Spin <i>Suzie</i>		<u>5:30 - 6:20 PM</u> Body Sculpt <i>Cindy</i>		<u>5:30 - 6:20 PM</u> Get Ripped <i>Suzie</i>			
15		16		17		18		19		20		21	
				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Suzie</i>				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i>				<u>9:30 - 10:20 AM</u> Stride & Strength <i>Cindy</i>	
		<u>12:15 - 12:45 PM</u> Spin <i>Josie</i>		<u>12:15 - 12:45 PM</u> Core Workout <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Cardio/Strength Surprise <i>Josie</i>		<u>12:15 - 12:45 PM</u> Get Ripped <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Yoga <i>Josie</i>			
		<u>1:00 - 2:00 PM</u> Light Adult Fitness Zumba <i>Zirkia</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Ripped & Yoga <i>Zirkia</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Track Interval <i>Zirkia</i>			
		<u>5:30 - 6:20 PM</u> Get Ripped <i>Zirkia</i>		<u>5:30 - 6:20 PM</u> Yoga <i>Josie</i>		<u>5:30 - 6:00 PM</u> 30 Min Spin <i>Suzie</i>		<u>5:30 - 6:20 PM</u> Kickboxing <i>Shelly</i>		<u>5:30 - 6:20 PM</u> Zumba <i>Zirkia</i>			
22		23		24		25		26		27		28	
				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Zirkia</i>				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Gloria</i>				<u>9:30 - 10:20 AM</u> Stride & Strength <i>Cindy</i>	
		<u>12:15 - 12:45 PM</u> Spin <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Core Workout <i>Josie</i>		<u>12:15 - 12:45 PM</u> Cardio/Strength Surprise <i>Suzie</i>		<u>12:15 - 12:45 PM</u> Get Ripped <i>Josie</i>		<u>12:15 - 12:45 PM</u> Yoga <i>Suzie</i>			
		<u>1:00 - 2:00 PM</u> Light Adult Fitness Ripped & Spin <i>Suzie</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Toned & Yoga <i>Zirkia</i>				<u>1:00 - 2:00 PM</u> Light Adult Fitness Ripped & Yoga <i>Suzie</i>			
		<u>5:30 - 6:20 PM</u> Zumba <i>Zirkia</i>		<u>5:30 - 6:20 PM</u> Yoga <i>Suzie</i>		<u>5:30 - 6:00 PM</u> 30 Min Spin <i>Josie</i>		<u>5:30 - 6:20 PM</u> Step Into Fitness <i>Cindy</i>		<u>5:30 - 6:20 PM</u> Get Ripped <i>Zirkia</i>			
29		30		31									
				<u>9:30 - 10:30 AM</u> Easy Adult Fitness <i>Suzie</i>									
		<u>12:15 - 12:45 PM</u> Spin <i>Josie</i>		<u>12:15 - 12:45 PM</u> Core Workout <i>Suzie</i>									
		<u>1:00 - 2:00 PM</u> Light Adult Fitness Yoga <i>Suzie</i>											
		<u>5:30 - 6:20 PM</u> Stride & Strength <i>Cindy</i>		<u>5:30 - 6:20 PM</u> Yoga <i>Josie</i>									