

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					12:15 - 12:45 PM Yoga <i>Josie</i>	<u>NO CLASSES</u>
					1:00 - 2:00 PM Light Adult Fitness Track Interval <i>Josie</i>	
					5:30 - 6:20 PM Stride & Strength <i>Cindy</i>	
3	4	5	6	7	8	9
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:20 AM Stride & Strength <i>Cindy</i>
	12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Core Workout <i>Josie</i>	12:15 - 12:45 PM Floor Cardio <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Suzie</i>	12:15 - 12:45 PM Yoga <i>Suzie</i>	
	1:00 - 2:00 PM Light Adult Fitness Zumba <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Spin Interval <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga <i>Suzie</i>	
		4:30 - 5:20 PM Total Body Conditioning <i>Shay</i>		4:30 - 5:20 PM Spin & Sculpt <i>Shay</i>		
	5:30 - 6:20 PM Get Ripped <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Suzie</i>	5:30 - 6:00 PM 30 Min Spin <i>Josie</i>	5:30 - 6:20 PM Step Into Fitness <i>Cindy</i>	5:30 - 6:20 PM Track Interval <i>Zirkia</i>	
10	11	12	13	14	15	16
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:20 AM Stride & Strength <i>Cindy</i>
	12:15 - 12:45 PM Spin <i>Josie</i>	12:15 - 12:45 PM Core Workout <i>Suzie</i>	12:15 - 12:45 PM Turf Interval <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Suzie</i>	12:15 - 12:45 PM Yoga <i>Suzie</i>	
	1:00 - 2:00 PM Light Adult Fitness Gentle Yoga <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Toned & Yoga <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Ripped & Cardio <i>Suzie</i>	
				4:30 - 5:20 PM Spin & Sculpt <i>Shay</i>		
	5:30 - 6:20 PM Zumba <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	5:30 - 6:20 PM Body Sculpt <i>Cindy</i>	5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i>	
17	18	19	20	21	22	23
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:20 AM Stride & Strength <i>Cindy</i>
	<u>NO CLASSES</u>	12:15 - 12:45 PM Core Workout <i>Josie</i>	12:15 - 12:45 PM Spin <i>Zirkia</i>	12:15 - 12:45 PM Get Ripped <i>Shelly</i>	12:15 - 12:45 PM Gentle Yoga <i>Zirkia</i>	
			1:00 - 2:00 PM Light Adult Fitness Ripped & Yoga <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness Track Interval <i>Zirkia</i>	
			4:30 - 5:20 PM Total Body Conditioning <i>Shay</i>			
			5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Shelly</i>	5:30 - 6:20 PM Kickboxing <i>Cindy</i>	5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i>
24	25	26	27	28	29	30
		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:30 AM Easy Adult Fitness <i>Gloria</i>		9:30 - 10:20 AM Stride & Strength <i>Cindy</i>
	12:15 - 12:45 PM Spin <i>Suzie</i>	12:15 - 12:45 PM Core Workout <i>Josie</i>	12:15 - 12:45 PM Turf Interval <i>Josie</i>	12:15 - 12:45 PM Get Ripped <i>Shelly</i>	12:15 - 12:45 PM Yoga <i>Josie</i>	
	1:00 - 2:00 PM Light Adult Fitness Yoga <i>Suzie</i>		1:00 - 2:00 PM Light Adult Fitness Toned & Yoga <i>Zirkia</i>		1:00 - 2:00 PM Light Adult Fitness RIP/Core Pilates <i>Josie</i>	
		4:30 - 5:20 PM Total Body Conditioning <i>Shay</i>		4:30 - 5:20 PM Spin & Sculpt <i>Shay</i>		
	5:30 - 6:20 PM Track Interval <i>Zirkia</i>	5:30 - 6:20 PM Yoga <i>Josie</i>	5:30 - 6:00 PM 30 Min Spin <i>Josie</i>	5:30 - 6:20 PM Step Into Fitness <i>Cindy</i>	5:30 - 6:20 PM Strength Core & Balance <i>Cindy</i>	
31						