

May 2021

GROUP x & INDOOR CYCLING

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
	Instructors are subject to change!	NO CLASSES ON MONDAY, MAY 31ST	**30-minute class *45-minute class			9:00am Full Body Fit-Rebekah 10:10am Yoga-Megan
2	3	4	5	6	7	8
	**8:00am HIIT-Kelsey 9:00am Cardio Fusion-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-Doris 5:30pm Spin-Kylie 5:45pm Yoga-Megan	*9:00am Pound Fun-Pam 9:00am Cycle X-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect *5:30pm Pound Fun-Pam 5:30pm Cycle X-Calleen 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Doris 10:00am TBS-Doris 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-Doris	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:45pm Zumba-no class	**8:00am HIIT-Calleen 9:00am Cardio Fusion-Doris 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit-Doris 10:10am Zumba-Christy
9	10	11	12	13	14	15
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16	17	18	19	20	21	22
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23	24	25	26	27	28	29
	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Linda 10:00am TBS-Calleen 11:10am Hatha Yoga-Emmy 4:30pm Core Fusion-no class 5:30pm Spin-Kylie 5:45pm Yoga-no class	*9:00am Pound Fun-Pam 9:00am Cycle X-Calleen 10:00am Tap-Pam 12:00 Move. Laugh. Connect *5:30pm Pound Fun-Pam 5:30pm Cycle X-Calleen 6:30pm Zumba®-Christy	**8:00am HIIT-Kelsey 9:00am Pump & Crunch-Linda 10:00am TBS-Calleen 11:10am Hatha Yoga-Emmy 4:30pm Cardio Fusion-no class	9:00am Hi lo-Pam 9:00am Spin-Calleen 10:00am Power Yoga-Pam 12:00 Move. Laugh. Connect 5:45pm Zumba-Megan	**8:00am HIIT-Kelsey 9:00am Full Body Fit-Calleen 10:00am Tap-Pam 11:10am Yoga-Pam 12:00 Line Dance-Pam	9:00am Full Body Fit-Rebekah