

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	<b>1</b> 5:30 – 6:30 AM <b>BODY PUMP/DANIELLE</b> 9:00 – 10:00 AM <b>BODY PUMP/JANE</b> 12:00 – 1:00 PM <b>BASIC YOGA/LORI</b> 4:45 – 5:45 PM <b>BODY PUMP/SHANAN</b> 6:00 – 6:45 PM <b>SPIN ADVENTURE/CHERI</b> 6:45-7:45 <b>BODY PUMP/JEN</b>	<b>2</b> 5:30 – 6:15 AM <b>SPINNING/DANIELLE</b> 9:00 – 10:00 AM <b>YOGA/LORI</b> 4:45 – 5:30 PM <b>SPIN ADVENTURE/DANIELLE</b> 5:45 – 6:45 PM <b>BODY PUMP/ANGIE</b>	<b>3</b> 5:30 – 6:30 AM <b>BODY PUMP/SHARI</b> 8:30 – 9:15 AM <b>IN THE MIX/TOMMIE</b> 12:00 – 1:00 PM <b>FUSION/LORI</b> 4:45 – 5:30 PM <b>IN THE MIX/VICKI</b> 6:00 – 6:45 PM <b>KICKBOXING/CHERI</b> 6:45 – 7:45PM <b>ZUMBA/KIM</b>	<b>4</b> 5:30 – 6:15 AM <b>SPINNING/STACY</b> 8:15 – 9:00 AM <b>SPINNING/TOMMIE</b> 9:00—10:00 AM <b>YOGA</b> <b>KUNDALINI/LORI</b> 12:00 – 12:45 PM <b>ZUMBA/KIM</b> 4:45 – 5:45 PM <b>BODY PUMP/JEN</b> 5:45 – 6:30 PM <b>PILATES/JEN</b>	<b>5</b> 5:30 – 6:30 AM <b>BODY PUMP/JANE</b> 8:15 – 9:00 AM <b>PILATES/TOMMIE</b> 9:00 – 9:45AM <b>ZUMBA/KIM</b> 12:00 – 1:00 PM <b>BODY PUMP/SHARI</b>	<b>6</b> 8:00 – 9:00 AM <b>BODY PUMP/KRIS</b> 9:00 – 10 AM <b>ZUMBA/DANI</b> 10:15 – 11:15 AM <b>BODY PUMP/DANIELLE</b>	
<b>7</b>	<b>8</b> 5:30 – 6:30 AM <b>BODY PUMP/DANIELLE</b> 9:00 – 10:00 AM <b>BODY PUMP/JANE</b> 12:00 – 1:00 PM <b>BASIC YOGA/LORI</b> 4:45 – 5:45 PM <b>BODY PUMP/VIKKI S</b> 6:00 – 6:45 PM <b>SPIN ADVENTURE/CHERI</b> 6:45-7:45 <b>BODY PUMP/JEN</b>	<b>9</b> 5:30 – 6:15 AM <b>SPINNING/DANIELLE</b> 9:00 – 10:00 AM <b>YOGA/LORI</b> 4:45 – 5:30 PM <b>SPIN ADVENTURE/VICKI</b> 5:45 – 6:45 PM <b>BODY PUMP/ANGIE</b>	<b>10</b> 5:30 – 6:30 AM <b>BODY PUMP/SHARI</b> 8:30 – 9:15 AM <b>IN THE MIX/TOMMIE</b> 12:00 – 1:00 PM <b>FUSION/LORI</b> 4:45 – 5:30 PM <b>IN THE MIX/VICKI</b> 6:00 – 6:45 PM <b>KICKBOXING/CHERI</b> 6:45 – 7:45PM <b>ZUMBA/DANI</b>	<b>11</b> 5:30 – 6:15 AM <b>SPINNING/STACY</b> 8:15 – 9:00 AM <b>SPINNING/TOMMIE</b> 9:00—10:00 AM <b>YOGA</b> <b>KUNDALINI/LORI</b> 12:00 – 12:45 PM <b>ZUMBA/KIM</b> 4:45 – 5:45 PM <b>BODY PUMP/JEN</b> 5:45 – 6:30 PM <b>PILATES/JEN</b>	<b>12</b> 5:30 – 6:30 AM <b>BODY PUMP/JANE</b> 8:15 – 9:00 AM <b>PILATES/TOMMIE</b> 9:00 – 9:45AM <b>ZUMBA/KIM</b> 12:00 – 1:00 PM <b>BODY PUMP/TOMMIE</b>	<b>13</b> 8:00 – 9:00 AM <b>BODY PUMP/KRIS</b> 9:00 – 10 AM <b>ZUMBA/DANI</b> 10:15 – 11:15 AM <b>BODY PUMP/JEN</b>	
<b>14</b>	<b>15</b> 5:30 – 6:30 AM <b>BODY PUMP/DANIELLE</b> 9:00 – 10:00 AM <b>BODY PUMP/KRIS</b> 12:00 – 1:00 PM <b>BASIC YOGA/LORI</b> 4:45 – 5:45 PM <b>BODY PUMP/SHANAN</b> 6:00 – 6:45 PM <b>SPIN ADVENTURE/CHERI</b> 6:45-7:45 <b>BODY PUMP/JEN</b>	<b>16</b> 5:30 – 6:15 AM <b>SPINNING/DANIELLE</b> 9:00 – 10:00 AM <b>YOGA/LORI</b> 4:45 – 5:30 PM <b>SPIN ADVENTURE/VICKI</b> 5:45 – 6:45 PM <b>BODY PUMP/ANGIE</b>	<b>17</b> 5:30 – 6:30 AM <b>BODY PUMP/SHARI</b> 8:30 – 9:15 AM <b>IN THE MIX/TOMMIE</b> 12:00 – 1:00 PM <b>FUSION/LORI</b> 4:45 – 5:30 PM <b>IN THE MIX/VICKI</b> 6:00 – 6:45 PM <b>KICKBOXING/CHERI</b> 6:45 – 7:45PM <b>ZUMBA/DANI</b>	<b>18</b> 5:30 – 6:15 AM <b>SPINNING/STACY</b> 8:15 – 9:00 AM <b>SPINNING/TOMMIE</b> 9:00—10:00 AM <b>YOGA</b> <b>KUNDALINI/LORI</b> 12:00 – 12:45 PM <b>ZUMBA/KIM</b> 4:45 – 5:45 PM <b>BODY PUMP/JEN</b> 5:45 – 6:30 PM <b>PILATES/JEN</b>	<b>19</b> 5:30 – 6:30 AM <b>BODY PUMP/JANE</b> 8:15 – 9:00 AM <b>PILATES/TOMMIE</b> 9:00 – 9:45AM <b>ZUMBA/KIM</b> 12:00 – 1:00 PM <b>BODY PUMP/SHARI</b>	<b>20</b> 8:00 – 9:00 AM <b>BODY PUMP/KRIS</b> 9:00 – 10 AM <b>ZUMBA/DANI</b> 10:15 – 11:15 AM <b>BODY PUMP/JEN</b>	
<b>21</b>	<b>22</b> 5:30 – 6:30 AM <b>BODY PUMP/KRIS</b> 9:00 – 10:00 AM <b>BODY PUMP/JANE</b> 12:00 – 1:00 PM <b>BASIC YOGA/LORI</b> 4:45 – 5:45 PM <b>BODY PUMP/SHANAN</b> 6:00 – 6:45 PM <b>SPIN ADVENTURE/CHERI</b> 6:45-7:45 <b>BODY PUMP/JEN</b>	<b>23</b> 5:30 – 6:15 AM <b>SPINNING/CHERI</b> 9:00 – 10:00 AM <b>YOGA/LORI</b> 4:45 – 5:30 PM <b>SPIN ADVENTURE/VICKI</b> 5:45 – 6:45 PM <b>BODY PUMP/ANGIE</b>	<b>24</b> 5:30 – 6:30 AM <b>BODY PUMP/SHARI</b> 8:30 – 9:15 AM <b>IN THE MIX/TOMMIE</b> 12:00 – 1:00 PM <b>FUSION/LORI</b> 4:45 – 5:30 PM <b>IN THE MIX/VICKI</b> 6:00 – 6:45 PM <b>KICKBOXING/CHERI</b> 6:45 – 7:45PM <b>ZUMBA/DANI</b>	<b>25</b> 5:30 – 6:15 AM <b>SPINNING/STACY</b> 8:15 – 9:00 AM <b>SPINNING/TOMMIE</b> 9:00—10:00 AM <b>YOGA</b> <b>KUNDALINI/LORI</b> 12:00 – 12:45 PM <b>ZUMBA/KIM</b> 4:45 – 5:45 PM <b>BODY PUMP/JEN</b> 5:45 – 6:30 PM <b>PILATES/JEN</b>	<b>26</b> 5:30 – 6:30 AM <b>BODY PUMP/JANE</b> 8:15 – 9:00 AM <b>PILATES/TOMMIE</b> 9:00 – 9:45AM <b>ZUMBA/KIM</b> 12:00 – 1:00 PM <b>BODY PUMP/SHARI</b>	<b>27</b> 8:00 – 9:00 AM <b>BODY PUMP/KRIS</b> 9:00 – 10 AM <b>ZUMBA/DANI</b> 10:15 – 11:15 AM <b>BODY PUMP/DANIELLE</b>	
<b>28</b>	<b>29</b> 5:30 – 6:30 AM <b>BODY PUMP/DANIELLE</b> 9:00 – 10:00 AM <b>BODY PUMP/JANE</b> 12:00 – 1:00 PM <b>BASIC YOGA/LORI</b> 4:45 – 5:45 PM <b>BODY PUMP/VIKKI S</b> 6:00 – 6:45 PM <b>SPIN ADVENTURE/CHERI</b> 6:45-7:45 <b>BODY PUMP/JEN</b>	<b>30</b> 5:30 – 6:15 AM <b>SPINNING/DANIELLE</b> 9:00 – 10:00 AM <b>YOGA/LORI</b> 4:45 – 5:30 PM <b>SPIN ADVENTURE/VICKI</b> 5:45 – 6:45 PM <b>BODY PUMP/ANGIE</b>	<b>31</b> 5:30 – 6:30 AM <b>BODY PUMP/SHARI</b> 8:30 – 9:15 AM <b>IN THE MIX/TOMMIE</b> 12:00 – 1:00 PM <b>FUSION/LORI</b> 4:45 – 5:30 PM <b>IN THE MIX/VICKI</b> 6:00 – 6:45 PM <b>KICKBOXING/CHERI</b> 6:45 – 7:45PM <b>ZUMBA/DANI</b>				