

	11	12	13	14	15	16
7:00AM					Body Pump- bobby	
8:00AM		GRIT Strength- Bobby	GRIT-Athletic- Racheal			
8:30AM	Body Pump- Racheal	Cycling- Racheal	Zumba- Bobby	Body Pump- Lisa	Body Combat - Lisa	BODYPUMP-Bobby 8:30am Cycling-Hannah
5:30PM	CYCLING -Stephanie	BODYPUMP - Jessica	Cycling- Patrice	Body Pump- Jessica		
6:30PM	Zumba - Chanel	Body Combat - Ashley				
7:00PM			Hip Hop-Stephanie			
	18	19	20	21	22	23
7:00AM					Body Pump- Bobby	
8:00AM		GRIT Strength-Bobby	Grit athletic-Racheal			
8:30AM	Body Pump- Racheal	Cycling -Racheal	Zumba - bobby	Body Pump - Lisa	Body Combat - Ashley	BODYPUMP Cycling - Hannah
4:30PM	Yoga-Mirka		Yoga-Mirka			
5:30PM	Cycling – Stephanie	BODYPUMP -Jessica	Cycling- Patrice	Body Pump-Jessica		
6:30PM	Zumba - Chanel	Body Combat- Ashley				
7:00PM			Hip Hop - Stephanie			
	25	26	27	28	29	30
7:00AM					Body Pump- Bobby	
8:00AM		GRIT Strength-Bobby	GRIT Athletic- Racheal			
8:30AM	Body Pump - Rachael	Cycling- Racheal	Zumba - Bobby	Body Pump- Lisa	Body Combat - Lisa	Body Pump-Elbert Cycling - Patrice
4:30PM	Yoga-Mirka		Yoga-Mirka			
5:30PM	Cycling- Stephanie	Body Pump- Jessica	Cycling Patrice	Body Pump- Jessica		
6:30PM	Zumba- Chanel	Body Combat- Ashley				
7:00PM			Hip Hop - Stephanie			