

	17	18	19	20	21	22
6:30am			GRIT-Athletic- Racheal			
8:00AM		GRIT Strength- Bobby				
8:30AM 9:30am	Body Pump- Racheal Yoga-Hannah W		Zumba- Bobby	Body Pump- Lisa	Body Combat-Lisa Zumba-Yajjara	Body Pump-Bobby
4:30pm						
5:30PM	Cycling-Stephanie			Stretch & Mobility-Raven		
6:00pm			Body Pump-Heather			
6:30PM	Zumba - Chanel	Body Combat – Ashley				
7:00PM			Hip Hop-Stephanie			
	24	25	26	27	28	29
6:30am			Grit athletic-Racheal			
8:00am		GRIT Strength-Bobby				
8:30AM 9:30am	Body Pump-Racheal Yoga-Hannah		Zumba – Bobby	Body Pump-Lisa	Body Combat-Lisa Zumba-Yajjara	Body Pump-Lori
4:30PM						
5:30PM	Cycling – Stephanie			Stretch & Mobility-Raven		
6:00pm			BODYPUMP -Heather			
6:30PM	Zumba - Chanel	Body Combat- Ashley				
7:00PM			Hip Hop-Stephanie			
	1	2	3	4	5	6
6:30am			Grit athletic-Racheal			
8:00AM		GRIT Strength-Bobby				
8:30AM 9:30am	Body Pump-Racheal Yoga-Hannah W		Zumba-Bobby	Body Pump-Lisa	Body Combat-Lori Zumba-Yajaira	Body Pump-Lori
4:30PM						
5:30PM	Cycling-Stephanie			Stretch & mobility- Raven		
6:00PM			Body Pump-Heather			
6:30PM	Zumba-Chanel	Body Combat-Ashley				
7:00PM			Hip Hop-Stephanie			