



Group Fitness Classes - May

*New Class *Substitute Class

*Canceled Class *Paid Class

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 8:30a-9:30 Zumba - Bobby	2 8:15a-9:15 Step Interval - Elbert	3 8:30a-9 Grit - Rachael 9:45a-10:45 Yoga - Hannah	4 8:30a-9:30 BodyPump - Lisa 10a-11 Yoga - Katelin
			6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	
5 No Classes	6 8:30a-9:30 BodyPump - Rachael Monday Yoga - Canceled	7 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby	8 8:30a-9:30 Zumba - Bobby	9 8:15a-9:15 Step Interval - Bobby	10 8:30a-9 Grit - Rachael 9:45a-10:45 Yoga - Hannah	11 8:30a-9:30 BodyPump - Elbert 10a-11 Yoga - Hannah T
	5:30p-6:30 BodyPump - Lisa 6:30p-7:30 Zumba - Chanel	Cycling - Canceled for May 6:30p-7:30 BodyCombat - Ashley	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	6:30p-7:30 Dance Fitness - Dwight	6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	
12 No Classes	13 8:30a-9:30 BodyPump - Elbert Monday Yoga - Canceled	14 8:00a-8:30 Grit Strength - Bobby 8:30a-9 Stretch&Mobility-Bobby	15 8:30a-9:30 Zumba - Bobby	16 8:15a-9:15 Step Interval - Elbert	17 8:30a-9 Grit - Rachael 9:45a-10:45 Yoga - Hannah	18 8:30a-9:30 BodyPump - Bobby 10a-11 Yoga - Katelin
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26 No Classes	27 No Classes Happy Memorial Day! No Classes	28 8:00a-8:30 Grit Strength – Bobby 8:30a-9 Stretch&Mobility-Bobby Cycling - Canceled for May 6:30p-7:30 BodyCombat - Ashley	29 8:30a-9:30 Zumba – Bobby 6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	30 8:15a-9:15 Step Interval – Bobby 6:30p-7:30 Dance Fitness - Dwight	31 8:30a-9 Grit - Rachael 9:45a-10:45 Yoga - Hannah 6:00p-7:00 KickBoxing - Xay & Jared (Paid Class)	