



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 9:30am Chris  5:45pm Dance Party / Amber T.	<b>2</b> 9:30am Kettlebell Blast Taylor M. 	<b>3</b> 9:30am Dance Party / Amber T.  5:45pm Chris	<b>4</b> 9:30am Upper Body Sculpt / Mike 	<b>5</b> Morning Cycle! 9:30am with Taylor M. 	<b>6</b> 9am PURE STRETCH Susan 
7	<b>8</b> 9:30am Chris  5:45pm Dance Party / Amber T.	<b>9</b> 9:30am  Taylor M.	<b>10</b> 9:30am Dance Party / Amber T.  5:45pm Chris	<b>11</b> 9:30am Upper Body Sculpt / Mike 	<b>12</b> Morning Cycle! 9:30am with Taylor M. 	<b>13</b> 9 am  Chris
14	<b>15</b> 9:30am Chris  5:45pm Dance Party / Amber T.	<b>16</b> 9:30am Kettlebell Blast Taylor M. 	<b>17</b> 9:30am Dance Party / Amber T.  5:45pm Chris	<b>18</b> 9:30am Upper Body Sculpt / Mike 	<b>19</b> Morning Cycle! 9:30am with Taylor M. 	<b>20</b>  Athletic Conditioning 9 am with Taylor M.
21	<b>22</b> 9:30am Chris  5:45pm Dance Party / Amber T.	<b>23</b> 9:30am  Taylor M.	<b>24</b> 9:30am Dance Party / Amber T.  5:45pm Chris	<b>25</b> 9:30am Upper Body Sculpt / Mike 	<b>26</b> Morning Cycle! 9:30am with Taylor M. 	<b>27</b> 9 am  Chris
28	<b>29</b> 9:30am Chris  5:45pm Dance Party / Amber T.	<b>30</b> 9:30am Kettlebell Blast Taylor M. 	<b>Personal Training available here</b>  <b>see front desk for more info</b>		 <b>Tuesdays &amp; Thursday</b> 4:30-5:30 & 7-8 PM	