



MAY 2024 GROUP FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 5:30 PM GRIT-MELISSA	2 5:15 AM GRIT-BEN 9:00 AM CIRCUIT TRAINING-ALEXIS	3	4 9:15 AM CIRCUIT-ALEXIS 10:00 AM ZUMBA/PILATES ERIK
5	6 5:30 PM GRIT-BEN 6:00 PM BUILD YOUR OWN BODY- ERIK	7 5:15 AM GRIT-BEN 9:00 AM PUMP- ERIKA 6:00 PM ZUMBA- ERIK	8 5:30 PM GRIT-MELISSA	9 5:15 AM GRIT-MELISSA 9:00 AM CIRCUIT TRAINING-ALEXIS	10	11 9:30 AM GRIT-MELISSA
12	13 5:30 PM GRIT-MELISSA 6:00 PM BUILD YOUR OWN BODY- ERIK	14 5:15 AM GRIT-BEN 9:00 AM PUMP- ERIKA 6:00 PM ZUMBA- ERIK	15 5:30 PM GRIT-MELISSA	16 5:15 AM GRIT-BEN 9:00 AM CIRCUIT TRAINING-ALEXIS	17	18 9:15 AM CIRCUIT-ALEXIS 10:00 AM ZUMBA/PILATES ERIK
19	20 5:30 PM GRIT-BEN 6:00 PM BUILD YOUR OWN BODY- ERIK	21 5:15 AM GRIT-MELISSA 9:00 AM PUMP- ERIKA 6:00 PM ZUMBA- ERIK	22 5:30 PM GRIT-BEN	23 5:15 AM GRIT-MELISSA 9:00 AM BODYPUMP ERIKA	24	25 9:30 AM BOOTCAMP-BEN 10:30 AM BODYPUMP- ERIKA
26	27 5:30 PM GRIT-MELISSA 6:00 PM BUILD YOUR OWN BODY- ERIK	28 5:15 AM GRIT-BEN 9:00 AM PUMP- ERIKA 6:00 PM ZUMBA- ERIK	29 5:30 PM GRIT-MELISSA	30 5:15 AM GRIT-BEN 9:00 AM CIRCUIT TRAINING-ALEXIS	31	

NO PAIN, NO GAIN!

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