



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T.	3 9:30am Kettlebell + Core / Susan 5:45pm 45 min SPIN Jennifer H. 	4 9:30am Dance Party / Amber T. 5:45pm SCULPT, Abs + Kickboxing/ Marlo 7pm Yoga / Tammy	5 9:30am Yoga / Jeanette 5:45pm Zumba Party / Christine A.	6 Lunch Cycle! 11:15am 30 min SPIN Jennifer H.	7 BOOTCAMP 9 am / Chris M.
8	9 9:30am Bootcamp Michael J 5:45pm Dance Party / Amber T.	10 9:30am Strength + Core / Susan 5:45pm 45 min SPIN Jennifer H. 	11 9:30am Dance Party / Amber T. 5:45pm SCULPT, Abs + Kickboxing/ Marlo 7pm Yoga / TV	12 9:30am Yoga / Jeanette 5:45pm Zumba Party / Christine A.	13 Lunch Cycle! 11:15am 30 min SPIN Jennifer H.	14 45 MIN SPIN 9 am / Jennifer H.
15	16 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T.	17 9:30am Legs + Core / Susan 5:45pm 45 min SPIN Jennifer H. 	18 9:30am Dance Party / Amber T. 5:45pm SCULPT, Abs + Kickboxing/ Marlo 7pm Yoga / Tammy	19 9:30am Yoga / Jeanette 5:45pm Zumba Party / Christine A.	20 Lunch Cycle! 11:15am 30 min SPIN Jennifer H.	21 BOOTCAMP 9 am / Chris M.
22	23 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T.	24 9:30am Cardio + Core / Susan 5:45pm 45 min SPIN Jennifer H. 	25 9:30am Dance Party / Amber T. 5:45pm SCULPT, Abs + Kickboxing/ Marlo 7pm Yoga / Tammy	26 9:30am Yoga / Jeanette 5:45pm Zumba Party / Christine A.	27 Lunch Cycle! 11:15am 30 min SPIN Jennifer H.	28 45 MIN SPIN 9 am / Jennifer H.
29	30 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T.	31 9:30am Total Body Blast / Susan 5:45pm 45 min SPIN Jennifer H. 	<p>TAEKWONDO</p>		<p>Tuesdays And Thursdays 4:30-5:30 + 7PM-8PM</p> <p>Come and Join us for Tuesday night spin with Jen! 45 min Class !</p>	