



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 6 pm Dance Party Amber T.	4 9:30am Taylor CYCLE PATH 6 pm Caitlin Peach Perfect Bionco Burn UPPER BODY FOCUSED	5 5:30am Susan ABS BLAST 6 pm Chris GET IT DONE BOOTCAMP	6 9:30am Caitlin Peach Perfect Keepin' it Peachy LOWER BODY FOCUSED 6 pm Dance Party Amber T.	7 SPIN Class / 30 min 9:30am Taylor RIDE AND SHINE	1 9am Chris BOOT CAMP 8 9am Susan FLOW
9	10 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 6 pm Dance Party Amber T.	11 9:30am Taylor CYCLE PATH 6 pm Caitlin Peach Perfect Keepin' it Peachy LOWER BODY FOCUSED	12 5:30am Susan ABS BLAST 6 pm Chris GET IT DONE BOOTCAMP	13 9:30am Caitlin Peach Perfect Bionco Burn UPPER BODY FOCUSED 6 pm Dance Party Amber T.	14 SPIN Class / 30 min 9:30am Taylor RIDE AND SHINE	15 9am Chris BOOT CAMP
16	17 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 6 pm Dance Party Amber T.	18 9:30am Taylor CYCLE PATH 6 pm Caitlin Peach Perfect Bionco Burn UPPER BODY FOCUSED	19 5:30am Susan ABS BLAST 6 pm Chris GET IT DONE BOOTCAMP	20 9:30am Caitlin Peach Perfect Keepin' it Peachy LOWER BODY FOCUSED 6 pm Dance Party Amber T.	21 SPIN Class / 30 min 9:30am Taylor RIDE AND SHINE	22 9am Spin Taylor
23	24 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 6 pm Dance Party Amber T.	25 9:30am Taylor CYCLE PATH 6 pm Caitlin Peach Perfect Keepin' it Peachy LOWER BODY FOCUSED	26 5:30am Susan ABS BLAST 6 pm Chris GET IT DONE BOOTCAMP	27 9:30am Caitlin Peach Perfect Bionco Burn UPPER BODY FOCUSED 6 pm Dance Party Amber T.	28 SPIN Class / 30 min 9:30am Taylor RIDE AND SHINE	29 9am Chris BOOT CAMP
30	31 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 6 pm Dance Party Amber T.	 PERSONAL TRAINING available here				