



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