



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 5:30am Chris 9:30am Chris 6 pm Dance Party Amber T.	3 9:30am Taylor 6 pm Caitlin UPPER BODY FOCUSED	4 5:30am Susan 9:30am Dance Amber 5:45pm Bootcamp 	5 9:30am Caitlin LOWER BODY FOCUSED 6 pm Dance Party Amber T.	6 SPIN Class ! 30 min 9:30am Taylor 	7 9am Stretch / Susan
8	9 5:30am Chris 9:30am Chris 6 pm Dance Party Amber T.	10 9:30am Taylor 6 pm Caitlin LOWER BODY FOCUSED	11 5:30am Susan 5:45pm Bootcamp 	12 9:30am Caitlin UPPER BODY FOCUSED 6 pm Dance Party Amber T.	13 No Class Today	14 9am Chris
15	16 5:30am Chris 9:30am Chris 6 pm Dance Party Amber T.	17 9:30am Taylor 6 pm Caitlin UPPER BODY FOCUSED	18 5:30am Susan 5:45pm Bootcamp 	19 9:30am Caitlin LOWER BODY FOCUSED 6 pm Dance Party Amber T.	20 SPIN Class ! 30 min 9:30am Taylor 	21 9am Caitlin UPPER BODY FOCUSED
22	23 5:30am Chris 9:30am Chris 6 pm Dance Party Amber T.	24 9:30am Taylor 6 pm Caitlin LOWER BODY FOCUSED	25 5:30am Susan 5:45pm Bootcamp 	26 9:30am Caitlin UPPER BODY FOCUSED 6 pm Dance Party Amber T.	27 SPIN Class ! 30 min 9:30am Taylor 	28 9am Chris
29	30 5:30am Chris 9:30am Chris 6 pm Dance Party Amber T.	31 9:30am Taylor 6 pm Caitlin UPPER BODY FOCUSED	 PERSONAL TRAINING available here		 TAEKWONDO Tuesdays & Thursday 4:30-6:30pm	