



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T.	3 9:30am Booty Camp / Susan 5:45pm SPIN 45 6:30pm 30 Min Sculpt Jennifer H.	4 9:30am Dance Party / Amber T. 5:45pm Bootcamp Chris M.	5 9:30am Yoga / Jeanette 5:45pm Gym Workshop / Michael J.	6 Morning Cycle! 9:30am with Jennifer H. 	7 9am PURE STRETCH Susan
8	9 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T.	10 9:30am Battle Rope + Core / Susan 5:45pm SPIN 45 Jennifer H. 	11 9:30am Dance Party / Amber T. 5:45pm Bootcamp Chris M.	12 9:30am Yoga / Jeanette 5:45pm Gym Workshop / Jennifer H.	13 Morning Cycle! 9:30am with Jennifer H. 	14 BOOTCAMP 9 am / Chris M.
15	16 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T.	17 9:30am Drummin + Core / Susan 5:45pm SPIN 45 6:30pm 30 Min Sculpt Jennifer H.	18 9:30am Dance Party / Amber T. 5:45pm Bootcamp Chris M.	19 9:30am Yoga / Jeanette 5:45pm Gym Workshop / Michael J.	20 Morning Cycle! 9:30am with Jennifer H. 	21 45 MIN SPIN 9 am Jennifer H.
22	23 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T.	24 9:30am 52 Card Pick Up / Susan 5:45pm SPIN 45 Jennifer H. 	25 9:30am Dance Party / Amber T. 5:45pm Bootcamp Chris M.	26 9:30am Yoga / Jeanette 5:45pm Gym Workshop / Jennifer H.	27 Morning Cycle! 9:30am with Jennifer H. 	28 BOOTCAMP 9 am / Chris M.
29	30 9:30am Bootcamp Chris M. 5:45pm Dance Party / Amber T.	31 9:30am Lower + Core / Susan 5:45pm SPIN 45 6:30pm 30 Min Sculpt Jennifer H.	 Boxing with Sandra Mon / Wed / Fri		 TAEKWONDO Tuesdays And Thursdays 4:30-5:30 + 7PM-8PM	