






































Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 TAEKWONDO Tuesdays & Thursday 4:30-5:30 & 7-8 PM		1  9:30am Dance Party / Amber T.  5:45pm Chris	2  10 am Ask a Trainer	3  Morning Cycle! 9:30am with Taylor M.	4  90 MIN! 9am PURE STRETCH Susan
5	6  9:30am Chris  5:45pm Dance Party / Amber T.	7  9:30am Cardio Kickboxing Taylor M.	8  9:30am Dance Party / Amber T.  5:45pm Chris	9  10 am Ask a Trainer	10  Morning Cycle! 9:30am with Taylor M.	11  9 am Chris
12	13  9:30am Chris  5:45pm Dance Party / Amber T.	14  9:30am Kettlebell Blast Taylor M.	15  9:30am Dance Party / Amber T.  5:45pm Chris	16  10 am Ask a Trainer	17  Morning Cycle! 9:30am with Taylor M.	18  Athletic Conditioning 9 am with Taylor M.
19	20  9:30am Chris  5:45pm Dance Party / Amber T.	21  9:30am Cardio Kickboxing Taylor M.	22  9:30am Dance Party / Amber T.  5:45pm Chris	23  10 am Ask a Trainer	24  Morning Cycle! 9:30am with Taylor M.	25  9 am Chris
26	27  9:30am Chris  5:45pm Dance Party / Amber T.	28  10 am Ask a Trainer	29  9:30am Dance Party / Amber T.  5:45pm Chris	30  10 am Ask a Trainer	31  Morning Cycle! 9:30am with Taylor M.	