



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 5:30am Susan ABS BLAST 6 pm Chris GET IT DONE BOOTCAMP	3 9:30am Caitlin Peach Perfect Keepin' it Peachy LOWER BODY FOCUSED 6 pm Dance Party Amber T.	4 SPIN Class ! 30 min 9:30am RIDE AND SHINE	5 9am Spin
	6	7 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 6 pm Dance Party Amber T.	8 6 pm Caitlin Peach Perfect Keepin' it Peachy LOWER BODY FOCUSED	9 5:30am Susan ABS BLAST 6 pm Chris GET IT DONE BOOTCAMP	10 9:30am Caitlin Peach Perfect Bionco Burn UPPER BODY FOCUSED 6 pm Dance Party Amber T.	11 SPIN Class ! 30 min 9:30am RIDE AND SHINE
	12	13	14 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 6 pm Dance Party Amber T.	15 6 pm Caitlin Peach Perfect Bionco Burn UPPER BODY FOCUSED	16 5:30am Susan ABS BLAST 6 pm Chris GET IT DONE BOOTCAMP	17 9:30am Caitlin Peach Perfect Keepin' it Peachy LOWER BODY FOCUSED 6 pm Dance Party Amber T.
	18	19 9am Stretch / Susan FLOW	20	21 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 6 pm Dance Party Amber T.	22 6 pm Caitlin Peach Perfect Keepin' it Peachy LOWER BODY FOCUSED	23 5:30am Susan ABS BLAST 6 pm Chris GET IT DONE BOOTCAMP
	24	25 NO CLASSES 	26 9am Chris BOOT CAMP	27	28 5:30am Chris GET IT DONE BOOTCAMP 9:30am Chris 6 pm Dance Party Amber T.	29 6 pm Caitlin Peach Perfect Bionco Burn UPPER BODY FOCUSED
			30 5:30am Susan ABS BLAST 6 pm Chris GET IT DONE BOOTCAMP	 PERSONAL TRAINING available here		