

# May 2026 - Molalla Cutting Edge Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Office Hours</u> Monday – Thursday 10:30am to 6:30pm Friday 10:30am to 3:30pm	<u>Kids Club Hours</u> Monday – Thursday Morning 9:00am to 10:30am Evening 5:30pm to 7:00pm	Signup sheet at front desk  *Fee class New session starting June 2 <sup>nd</sup> & 5 <sup>th</sup> \$90 Once a week \$150.00 Twice a week Friday, Tuesday		1  Yoga 10:30am  *WLC Weigh-in	2
4  Lower Body Shred 9am  Cycle & Abs 5:30pm	5  Senior Fit 10am  Tone Tastic 5:30pm Yoga 6pm	6  Core & More 5:30pm Cardio Danze 6pm	7  Yoga & Sculpt 9am Senior Fit 10am  Line Dancing 5:30pm	8  Yoga 10:30am	9
11  Lower Body Shred 9am  Cycle & Abs 5:30pm	12  Senior Fit 10am  Yoga 6pm	13  Core & More 5:30pm Cardio Danze 6pm	14  Yoga & Sculpt 9am Senior Fit 10am  Line Dancing 5:30pm *WLC Weigh-in	15  Yoga 10:30am  *WLC Weigh-in	16
18  Lower Body Shred 9am  Cycle & Abs 5:30pm	19  Senior Fit 10am  Tone Tastic 5:30pm Yoga 6pm	20  Core & More 5:30pm Cardio Danze 6pm	21  Yoga & Sculpt 9am Senior Fit 10am	22  Yoga 10:30am	23
25  Memorial Day! Office Closed No Group Fitness No Kids Club	26  Senior Fit 10am  Yoga 6pm	27  Core & More 5:30pm Cardio Danze 6pm	28  Yoga & Sculpt 9am Senior Fit 10am  Line Dancing 5:30pm *WLC Final Weigh-in	29  Free Day! MCEF Bootcamp 7am  Yoga 10:30am  *WLC Final Weigh-in	30