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| **May 2025** |  |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **27** | **28** | **29** | **30** | **1** | **2** | **3** |
|  |  |  |  | HIIT @ 5:15-6:00 PM |  | Class with Amy @ 9 AM |
| **4** | **5** | **6** | **7** | **8** | **9** | **10** |
|  | Yoga @ 5:15 PMSpin @ 5:30 PM | Mixxed Fit @5:30 PM | Pilates @ 5PMSpin @ 5:30 PM | HIIT @ 5:15-6:00 PMGYM CLOSING – NO ENTRY AFTER 7 PM | GYM CLOSED FOR ENTRYDUKE POWER | NO CLASSES |
| **11** | **12** | **13** | **14** | **15** | **16** | **17** |
|  | Yoga @ 5:15 PMSpin @ 5:30 PM | Mixxed Fit @5:30 PM | Pilates @ 5PMSpin @ 5:30 PM | HIIT @ 5:15-6:00 PM |  | Class with Amy @ 9 AM |
| **18** | **19** | **20** | **21** | **22** | **23** | **24** |
|  | Yoga @ 5:15 PMSpin @ 5:30 PM | Mixxed Fit @5:30 PM | Pilates @ 5PMSpin @ 5:30 PM | HIIT @ 5:15-6:00 PM |  | NO CLASSES |
| [**25**](https://www.calendarpedia.com/) | **26** | **27** | **28** | **29** | **30** | **31** |
|  | **Memorial Day****No Classes** | Mixxed Fit @5:30 PM | Pilates @ 5PMSpin @ 5:30 PM | HIIT @ 5:15-6:00 PM |  | Class with Kelly @ 9 AM |