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| **May 2023** | | | | | | |  |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | | **Saturday** |
| **30** | **1** | **2** | **3** | **4** | **5** | | **6** |
|  | Circuit @ 5:30PM  Spin @ 5:30 PM | Yoga @ 11 AM  Yoga @ 5:15 PM\*\*  MXXED Fit @5:30 PM | Pilates @ 5PM  Spin @ 5:30 PM\*\* | HIIT w/ Cissy @5:30 PM |  | | Target Zone Training w/ Cissy @ 9 AM |
| **7** | **8** | **9** | **10** | **11** | **12** | | **13** |
|  | Step & Strength @ 5:30PM  Spin @ 5:30 PM | Yoga @ 11 AM  Yoga @ 5:15 PM\*\*  MXXED Fit @5:30 PM | Pilates @ 5PM  Spin @ 5:30 PM\*\* | HIIT w/ Allison @5:30 PM |  | | Circuit w/ Nancy @ 9 AM |
| **14** | **15** | **16** | **17** | **18** | **19** | | **20** |
|  | Step & Strength @ 5:30PM  Spin @ 5:30 PM | Yoga @ 11 AM  Yoga @ 5:15 PM\*\*  MXXED Fit @5:30 PM | Pilates @ 5PM  Spin @ 5:30 PM\*\* | Circuit w/ Nancy @5:30 PM |  | | Circuit w/ Nancy @ 9 AM |
| **21** | **22** | [**23**](https://www.calendarpedia.com/) | **24** | **25** | **26** | | **27** |
|  | Sticks & Stress @ 5:30PM  Spin @ 5:30 PM | Yoga @ 11 AM  Yoga @ 5:15 PM\*\*  MXXED Fit @5:30 PM | Pilates @ 5PM  Spin @ 5:30 PM\*\* | HIIT w/ Allison @5:30 PM |  | | **NO CLASSES** |
| **28** | **29** | **30** | **31** | **1** | **2** | | **3** |
|  | **Memorial Day**  **NO CLASSES** | Yoga @ 11 AM    Yoga @ 5:15 PM\*\*  MXXED Fit @5:30 PM | Pilates @ 5PM  Spin @ 5:30 PM\*\* |  |  | |  |
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\*\* TO RESERVE A BIKE – TEXT 919-725-1532 \*\*TO RESERVE A YOGA MAT SPACE ON TUESDAY @5:15 TEXT 919-691-3837