

May 2019 Group Fitness Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
	1 Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm	2 BattleRopes 1:00pm	1 Spin 6:00pm BattleRopes 7:45pm	2 Circuit HIIT 9:00am	3	4 Pound / ZUMBA 11:00am		
5	6 Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm	7 BattleRopes 1:00pm Pound 6:30pm	8 Spin 6:00pm BattleRopes 7:45pm	9 Circuit HIIT 9:00am Pound 5:00pm	10	11		
12	13 Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm	14 BattleRopes 1:00pm Pound 6:30pm	15 Spin 6:00pm BattleRopes 7:45pm	16 Circuit HIIT 9:00am Pound 5:00pm	<div style="border: 2px solid orange; border-radius: 15px; padding: 10px; text-align: center; background-color: #f4a460;"> <p>Update for Pound Class Times</p> </div>			
19	20 Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm	21 BattleRopes 1:00pm	22 Spin 6:00pm BattleRopes 7:45pm	23			24	25 Pound / ZUMBA 11:00am
26	27 Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm	28 BattleRopes 1:00pm	29 Spin 6:00pm BattleRopes 7:45pm	30 Circuit HIIT 9:00am			31	1 Pound / ZUMBA 11:00am
2	3 Circuit HIIT 10:00am No Limits 6:00pm Spin 6:30pm	4 BattleRopes 1:00pm Pound 6:30pm	5 Spin 6:00pm BattleRopes 7:45pm	6 Circuit HIIT 9:00am Pound 5:00pm	7	8		

Pound 5:00 pm