

Class Schedule May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 TRX – 8:30am Barre Fusion – 12:15pm TKO – 5:30pm	2 HIIT – 6am Boot Camp – 12:15 Core De Force – 5:30pm	3 TRX Mix – 12:15 50/50 Barre/ Pilates – 5pm Zumba – 6:15pm	4 TRX Mix – 6am Step Challenge – 10:15am	5 TWO FER Bootcamp – 8am	6
7 Tone Up – 6am Core Blast – 12:15 Yogatone – 5:30pm	8 TRX – 8:30am Barre Fusion – 12:15pm TKO – 5:30pm	9 HIIT – 6am Boot Camp – 12:15 Core De Force – 5:30pm	10 TRX Mix – 12:15 50/50 Barre/ Pilates – 5pm Zumba – 6:15pm	11 TRX Mix – 6am Step Challenge – 10:15am	12 TWO FER Bootcamp – 8am	13
14 Tone Up – 6am Core Blast – 12:15 Yogatone – 5:30pm	15 TRX – 8:30am Barre Fusion – 12:15pm TKO – 5:30pm	16 HIIT – 6am Boot Camp – 12:15 Core De Force – 5:30pm	17 TRX Mix – 12:15 50/50 Barre/ Pilates – 5pm Zumba – 6:15pm	18 TRX Mix – 6am Step Challenge – 10:15am	19 TWO FER Bootcamp – 8am	20 Barre – 4pm
21 Tone Up – 6am Core Blast – 12:15 Yogatone – 5:30pm	22 TRX – 8:30am Barre Fusion – 12:15pm TKO – 5:30pm	23 HIIT – 6am Boot Camp – 12:15 Core De Force – 5:30pm	24 TRX Mix – 12:15 50/50 Barre/ Pilates – 5pm Zumba – 6:15pm	25 TRX Mix – 6am Step Challenge – 10:15am	26	27
28 Memorial Day	29 TRX – 8:30am Barre Fusion – 12:15pm TKO – 5:30pm	30 HIIT – 6am Boot Camp – 12:15 Core De Force – 5:30pm	31 TRX Mix – 12:15 50/50 Barre/ Pilates – 5pm Zumba – 6:15pm			

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