



# FRED SMITH COMPANY

SPORTS CLUB

# May Aerobics 2021

LionsGate Athletic Club

**Bolded Classes indicate a new class, new class time or new instructor!!!**

| Mon                      | Tue                          | Wed                                                                                                    | Thu                    | Fri                      | Sat                      |
|--------------------------|------------------------------|--------------------------------------------------------------------------------------------------------|------------------------|--------------------------|--------------------------|
|                          |                              |                                                                                                        |                        |                          | 1<br>9:00 Bootcamp-Dawn  |
| 3<br>5:15 Bootcamp-Dori  | 4<br>5:15 Butts & Guts-Dori  | 5<br>5:15 Bootcamp-Dori                                                                                | 6<br>5:15 TABATA-Dori  | 7<br>5:15 Bootcamp-Dori  | 8<br>9:00 Bootcamp-Dawn  |
| 6:15 Bootcamp-Dawn       |                              |                                                                                                        | 6:15 Bootcamp-Dawn     |                          |                          |
| 10<br>5:15 Bootcamp-Dori | 11<br>5:15 Butts & Guts-Dori | 12<br>5:15 Bootcamp-Dori                                                                               | 13<br>5:15 TABATA-Dori | 14<br>5:15 Bootcamp-Dori | 15<br>9:00 Bootcamp-Dawn |
| 6:15 Bootcamp-Dawn       |                              |                                                                                                        | 6:15 Bootcamp-Dawn     |                          |                          |
| 17<br>5:15 Bootcamp-Dori | 18<br>5:15 Butts & Guts-Dori | 19<br>5:15 Bootcamp-Dori                                                                               | 20<br>5:15 TABATA-Dori | 21<br>5:15 Bootcamp-Dori | 22<br>9:00 Bootcamp-Dawn |
| 6:15 Bootcamp-Dawn       |                              |                                                                                                        | 6:15 Bootcamp-Dawn     |                          |                          |
| 24<br>5:15 Bootcamp-Dori | 25<br>5:15 Butts & Guts-Dori | 26<br>5:15 Bootcamp-Dori                                                                               | 27<br>5:15 TABATA-Dori | 28<br>5:15 Bootcamp-Dori | 29<br>9:00 Bootcamp-Dawn |
| 6:15 Bootcamp-Dawn       |                              |                                                                                                        | 6:15 Bootcamp-Dawn     |                          |                          |
| 31<br>5:15 Bootcamp-Dori |                              | <b>**NO Nursery At This Time**</b><br><br><b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b> |                        |                          |                          |
| 6:15 Bootcamp-Dawn       |                              |                                                                                                        |                        |                          |                          |