



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

Mon	Tue	Wed	Thu	Fri	Sat
	1 5:15 Butts & Guts-Dori	2 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda	3 5:15 TABATA-Dori	4 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	5 8:30 Bootcamp-Dawn
7 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda	8 5:15 Butts & Guts-Dori	9 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda	10 5:15 TABATA-Dori	11 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	12 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn		6:15 Bootcamp-Dawn			
14 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda	15 5:15 Butts & Guts-Dori	16 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda	17 5:15 TABATA-Dori	18 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	19 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn		6:15 Bootcamp-Dawn			
21 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda	22 5:15 Butts & Guts-Dori	23 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda	24 5:15 TABATA-Dori	25 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	26 8:30 Bootcamp-Dawn
6:15 Bootcamp-Dawn		6:15 Bootcamp-Dawn			
28 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda	29 5:15 Butts & Guts-Dori	30 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda	31 5:15 TABATA-Dori		
6:15 Bootcamp-Dawn		6:15 Bootcamp-Dawn			
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					