



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

Mon	Tue	Wed	Thu	Fri	Sat
2 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda 6:15 Bootcamp-Dawn	3 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan 9:15 Yoga Flow-Morgan	4 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda	5 5:15 TABATA-Dori 6:15 Yoga Flow-Morgan	6 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	7 8:30 Bootcamp-Dawn
9 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda 6:15 Bootcamp-Dawn	10 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan 9:15 Yoga Flow-Morgan	11 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda 6:15 Bootcamp-Dawn	12 5:15 TABATA-Dori 6:15 Yoga Flow-Morgan	13 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	14 8:30 Bootcamp-Dawn
16 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda 6:15 Bootcamp-Dawn	17 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan 9:15 Yoga Flow-Morgan	18 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda 6:15 Bootcamp-Dawn	19 5:15 TABATA-Dori 6:15 Yoga Flow-Morgan	20 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	21 8:30 Bootcamp-Dawn
23 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda 6:15 Bootcamp-Dawn	24 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan 6:15 Yoga Flow-Morgan	25 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda 6:15 Bootcamp-Dawn	26 5:15 TABATA-Dori 6:15 Yoga Flow-Morgan	27 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	28 8:30 Bootcamp-Dawn
30 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda 6:15 Bootcamp-Dawn	31 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan 9:15 Yoga Flow-Morgan				
** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **					