



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

Mon	Tue	Wed	Thu	Fri	Sat
1 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda  6:15 Bootcamp-Dawn	2 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan  6:15 Yoga Flow-Morgan	3 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda  6:15 Bootcamp-Dawn	4 5:15 TABATA-Dori <b>9:15 Yoga Flow-No Class</b>  <b>6:15 Yoga Flow-No Class</b>	5 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	6  <b>8:30 Bootcamp-No Class</b>
8 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda  6:15 Bootcamp-Dawn	9 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan  6:15 Yoga Flow-Morgan	10 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda  6:15 Bootcamp-Dawn	11 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan  6:15 Yoga Flow-Morgan	12 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	13  8:30 Bootcamp-Dawn
15 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda  6:15 Bootcamp-Dawn	16 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan  6:15 Yoga Flow-Morgan	17 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda  6:15 Bootcamp-Dawn	18 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan  6:15 Yoga Flow-Morgan	19 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	20  8:30 Bootcamp-Dawn
22 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda  6:15 Bootcamp-Dawn	23 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan  6:15 Yoga Flow-Morgan	24 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda  6:15 Bootcamp-Dawn	25 5:15 TABATA-Dori 9:15 Yoga Flow-Morgan  6:15 Yoga Flow-Morgan	26 5:15 Bootcamp-Dori 9:15 Butts & Guts-Brenda	27  8:30 Bootcamp-Dawn
29 5:15 Bootcamp-Dori 9:15 Upper Body Blast & Core Strength-Brenda  6:15 Bootcamp-Dawn	30 5:15 Butts & Guts-Dori 9:15 Yoga Flow-Morgan  6:15 Yoga Flow-Morgan	31 5:15 Bootcamp-Dori 9:15 TABATA/HIIT-Brenda  6:15 Bootcamp-Dawn			
<b>** ALL AEROBICS CLASSES ARE INCLUDED IN MEMBERSHIP **</b>					