

SUN	MON	TUE	WED	THU	FRI	SAT
					1 12:15 - 12:45 PM Yoga <i>Josie</i>	2 <u>NO CLASSES</u>
3	4 <u>NO CLASSES</u>	5 12:15 - 12:45 PM Core Workout <i>Raylene</i> 5:30 - 6:20 PM Yoga <i>Josie</i>	6 12:15 - 12:45 PM Turf Interval <i>Raylene</i> 1:00 - 2:00 PM Light Adult Fitness Cardio Core Strength <i>Janna</i> 5:30 - 6:00 PM 30 Min Spin <i>Josie</i>	7 12:15 - 12:45 PM Get Ripped <i>Kelleen</i> 5:30 - 6:20 PM Body Sculpt <i>Cindy</i>	8 12:15 - 12:45 PM Yoga <i>Janna</i> 1:00 - 2:00 PM Light Adult Fitness Pound Rock Out Workout <i>Raylene</i> 5:30 - 6:20 PM Get Ripped <i>Raylene</i>	9 9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
10	11 6:00 - 6:45 AM Track Interval <i>Raylene</i> 12:15 - 12:45 PM Spin <i>Josie</i> 1:00 - 2:00 PM Light Adult Fitness Zumba <i>Gloria</i> 5:30 - 6:20 PM 3K Track Interval <i>Raylene</i>	12 12:15 - 12:45 PM Core Workout <i>Shelly</i> 5:30 - 6:20 PM Yoga <i>Josie</i>	13 6:00 - 6:45 AM Ride & Core <i>Josie</i> 12:15 - 12:45 PM Turf Interval <i>Kelleen</i> 1:00 - 2:00 PM Light Adult Fitness Yoga <i>Janna</i> 5:30 - 6:00 PM 30 Min Spin <i>Josie</i>	14 12:15 - 12:45 PM Get Ripped <i>Suzie</i> 5:30 - 6:20 PM Cardio Kickbox <i>Cindy</i>	15 6:00 - 6:45 AM Get Ripped <i>Suzie</i> 12:15 - 12:45 PM Yoga <i>Suzie</i> 1:00 - 2:00 PM Light Adult Fitness Spin Interval <i>Kelleen</i> 5:30 - 6:20 PM Get Ripped <i>Raylene</i>	16 9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
17	18 6:00 - 6:45 AM Track Interval <i>Raylene</i> 12:15 - 12:45 PM Spin <i>Suzie</i> 1:00 - 2:00 PM Light Adult Fitness Pilates <i>Gloria</i> 5:30 - 6:20 PM 3K Track Interval <i>Raylene</i>	19 12:15 - 12:45 PM Core Workout <i>Suzie</i> 5:30 - 6:20 PM Yoga <i>Suzie</i>	20 6:00 - 6:45 AM Ride & Core <i>Suzie</i> 12:15 - 12:45 PM Turf Interval <i>Suzie</i> 1:00 - 2:00 PM Light Adult Fitness Track Interval <i>Zirkia</i> 5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	21 12:15 - 12:45 PM Get Ripped <i>Suzie</i> 5:30 - 6:20 PM Body Sculpt <i>Cindy</i>	22 6:00 - 6:45 AM Get Ripped <i>Josie</i> 12:15 - 12:45 PM Yoga <i>Suzie</i> 1:00 - 2:00 PM Light Adult Fitness Ripped & Stretch <i>Zirkia</i> 5:30 - 6:20 PM Get Ripped <i>Raylene</i>	23 9:30 - 10:20 AM Power Walk & Weights <i>Cindy</i>
24	25 6:00 - 6:45 AM Track Interval <i>Raylene</i> 12:15 - 12:45 PM Spin <i>Suzie</i> 1:00 - 2:00 PM Light Adult Fitness Transform <i>Gloria</i> 5:30 - 6:20 PM 3K Track Interval <i>Raylene</i>	26 12:15 - 12:45 PM Core Workout <i>Suzie</i> 5:30 - 6:20 PM Yoga <i>Suzie</i>	27 6:00 - 6:45 AM Ride & Core <i>Josie</i> 12:15 - 12:45 PM Turf Interval <i>Suzie</i> 1:00 - 2:00 PM Light Adult Fitness Body Toning <i>Zirkia</i> 5:30 - 6:00 PM 30 Min Spin <i>Suzie</i>	28 12:15 - 12:45 PM Get Ripped <i>Suzie</i> 5:30 - 6:20 PM Cardio Kickbox <i>Cindy</i>	29 6:00 - 6:45 AM Get Ripped <i>Suzie</i> 12:15 - 12:45 PM Yoga <i>Suzie</i> 1:00 - 2:00 PM Light Adult Fitness Track Interval <i>Zirkia</i> 5:30 - 6:20 PM Get Ripped <i>Raylene</i>	30 9:30 - 10:20 AM Power Walk & Weights <i>Janna</i>