

MON	TUE	WED	THU	FRI
3	4	5	6	7
NO CLASSES	<u>9:30 - 10:30 AM</u> Easy Adult Fitness Gloria		<u>9:30 - 10:30 AM</u> Easy Adult Fitness Gloria	
	<u>12:15 - 12:45 PM</u> Core Workout Shelly	<u>12:15 - 12:45 PM</u> Track/Turf Interval Suzie	<u>12:15 - 12:45 PM</u> Get Ripped Suzie	<u>12:15 - 12:45 PM</u> Yoga Suzie
	<u>1:00 - 2:00 PM</u> Light Adult Fitness Urban Polling Gloria		<u>1:00 - 2:00 PM</u> Light Adult Fitness Yoga Gloria	
	<u>5:30 - 6:20 PM</u> Yoga Suzie	<u>5:30 - 6:00 PM</u> 30 Minute Spin Suzie	<u>5:30 - 6:20 PM</u> Bosu Basics Cindy	
10	11	12	13	14
	<u>9:30 - 10:30 AM</u> Easy Adult Fitness Gloria		<u>9:30 - 10:30 AM</u> Easy Adult Fitness Gloria	
<u>12:15 - 12:45 PM</u> Spin Suzie	<u>12:15 - 12:45 PM</u> Core Workout Suzie	<u>12:15 - 12:45 PM</u> Track/Turf Interval Shelly	<u>12:15 - 12:45 PM</u> Get Ripped Zirkia	<u>12:15 - 12:45 PM</u> Yoga Cindy
	<u>1:00 - 2:00 PM</u> Light Adult Fitness Ripped & Stretch Zirkia		<u>1:00 - 2:00 PM</u> Light Adult Fitness Toned & Stretch Zirkia	
<u>5:30 - 6:20 PM</u> Speed Walk and Weights Zirkia	<u>5:30 - 6:20 PM</u> Yoga Suzie	<u>5:30 - 6:00 PM</u> 30 Minute Spin Zirkia	<u>5:30 - 6:20 PM</u> Body Sculpt Cindy	
17	18	19	20	21
	<u>9:30 - 10:30 AM</u> Easy Adult Fitness Gloria		<u>9:30 - 10:30 AM</u> Easy Adult Fitness Zirkia	
<u>12:15 - 12:45 PM</u> Spin Josie	<u>12:15 - 12:45 PM</u> Core Workout Suzie	<u>12:15 - 12:45 PM</u> Track/Turf Interval Josie	<u>12:15 - 12:45 PM</u> Get Ripped Suzie	<u>12:15 - 12:45 PM</u> Yoga Josie
	<u>1:00 - 2:00 PM</u> Light Adult Fitness Track Interval Zirkia		<u>1:00 - 2:00 PM</u> Light Adult Fitness Zumba Gloria	
<u>5:30 - 6:20 PM</u> Speed Walk and Weights Zirkia	<u>5:30 - 6:20 PM</u> Yoga Josie	<u>5:30 - 6:00 PM</u> 30 Minute Spin Suzie	<u>5:30 - 6:20 PM</u> Kickboxing Shelly	
24	25	26	27	28
	<u>9:30 - 10:30 AM</u> Easy Adult Fitness Gloria		<u>9:30 - 10:30 AM</u> Easy Adult Fitness Zirkia	
<u>12:15 - 12:45 PM</u> Spin Shelly	<u>12:15 - 12:45 PM</u> Core Workout Josie	<u>12:15 - 12:45 PM</u> Track/Turf Interval Suzie	<u>12:15 - 12:45 PM</u> Get Ripped Josie	<u>12:15 - 12:45 PM</u> Yoga Suzie
	<u>1:00 - 2:00 PM</u> Light Adult Fitness Zumba Zirkia		<u>1:00 - 2:00 PM</u> Light Adult Fitness Pound Rockout Workout Gloria	
<u>5:30 - 6:20 PM</u> Speed Walk and Weights Zirkia	<u>5:30 - 6:20 PM</u> Yoga Josie	<u>5:30 - 6:00 PM</u> 30 Minute Spin Suzie	<u>5:30 - 6:20 PM</u> Kickboxing Shelly	
31				
<u>12:15 - 12:45 PM</u> Spin Josie				
<u>5:30 - 6:20 PM</u> Speed Walk and Weights Zirkia				