

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group Fitness schedule also available at flagstaffathleticclub.com</p> <p>All group fitness classes are free to members unless marked (fee)</p> <p>Schedule published on 7/26/23. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>		<p>1</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan</p>	<p>2</p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE--Kerry 5:30 BODYCOMBAT®--Janelle</p>	<p>3</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>4</p> <p>5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p>5</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p>
<p>6</p> <p>3:00 SUNDAY YOGA—Shelbi</p>	<p>7</p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean</p>	<p>8</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan</p>	<p>9</p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p>10</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>11</p> <p>5:30am BODYPUMP® - Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p>12</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p>
<p>13</p> <p>3:00 SUNDAY YOGA-- Shelbi</p>	<p>14</p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45--Sean/Janelle</p>	<p>15</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan</p>	<p>16</p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p>17</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p>18</p> <p>5:30am BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p>19</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Sean/Janelle</p>
<p>20</p> <p>3:00 SUNDAY YOGA—Shelbi</p>	<p>21</p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean</p>	<p>22</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan</p>	<p>23</p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p>24</p> <p>9:00 BODYPUMP®—ROCK 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>	<p>25</p> <p>5:30am BODYPUMP® -Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p>26</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p>
<p>27</p> <p>3:00 SUNDAY YOGA—Shelbi</p>	<p>28</p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP® --Tommi 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45--Sean/Janelle</p>	<p>29</p> <p>9:00 BODYPUMP® —Rock 10:30 SILVER FITNESS--Jan</p>	<p>30</p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p>31</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p>		

AUGUST 2023

GROUP FITNESS DIAMOND ROOM - WEST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group Fitness schedule also available at flagstaffathleticclub.com</p> <p>All group fitness classes are free to members unless marked (fee)</p> <p>Schedule published on 7/28/23. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>		<p>1 6:00 PILATES--Richard 9:00 PILATES FUSION--Jan 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Darrin 6:15 VINYASA FLOW-Jacqui</p>	<p>2 6:00 RISING FLOW-- Jacqui 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Erin 6:00 BODYJAM--Kerry</p>	<p>3 6:00 PILATES--Richard 9:00 TRX-- Emilia 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kristen</p>	<p>4 9:00 YIN YOGA--Jan 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>5 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
<p>6</p>	<p>7 6:00 RISING FLOW-- Jacqui 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella</p>	<p>8 6:00 PILATES--Richard 9:00 PILATES FUSION--Jan 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie 6:15 VINYASA FLOW-Jacqui</p>	<p>9 6:00 RISING FLOW-- Jacqui 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella</p>	<p>10 6:00 PILATES--Richard 9:00 TRX-- Emilia 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kristen</p>	<p>11 9:00 YIN YOGA--Jan 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>12 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
<p>13</p>	<p>14 6:00 RISING FLOW-- Jacqui 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella</p>	<p>15 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™-- Angie R 6:15 VINYASA FLOW-Jacqui</p>	<p>16 6:00 RISING FLOW-- Jacqui 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Erin</p>	<p>17 6:00 PILATES--Richard 9:00 TRX-- Emilia 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kristen</p>	<p>18 9:00 YIN YOGA--Jan 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>19 8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
<p>20</p>	<p>21 6:00 RISING FLOW- Jacqui 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella</p>	<p>22 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 VINYASA FLOW-- Jacqui</p>	<p>23 6:00 RISING FLOW-- Jacqui 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Erin</p>	<p>24 6:00 PILATES--Kristina 9:00 TRX--Emilia 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kristen</p>	<p>25 9:00 YIN YOGA--Jan 1:30 LUNCHTIME YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>26 8:15 RPM™-Angie R/Sean 9:30 PILATES--Richard</p>
<p>27</p>	<p>28 6:00 GENTLE YOGA with LIVE SOUND Bath -Jacqui 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Jan 6:00 ZUMBA!--Mickella</p>	<p>29 6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 GENTLE YOGA with LIVE SOUND Bath -Jacqui</p>	<p>30 GENTLE YOGA with LIVE SOUND Bath -Jacqui 9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Erin</p>	<p>31 6:00 PILATES--Richard 9:00 TRX--Emilia 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kristen</p>		

AUGUST 2023

GROUP FITNESS MAIN ROOM - EAST

FLAGSTAFF ATHLETIC CLUB

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1 7:45 FLEX-ABILITY+CORE—Julie 8:45 POOLATES**--Julie 9:00 BODYPUMP®--Kerry 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>2 5:30 GRIT STRENGTH--Kristi 8:30 STEP—Laurie 8:45 POOLATES**--Julie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 50—Ali 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Kristi 5:30 Power Yoga-- Shelbi</p>	<p>3 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES**--Julie 9:00 HIGH FITNESS--Ali 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION& Sole Training--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>4 8:45 POOLATES**--Julie 9:00 BODYPUMP®--Kerry 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>5 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>6 2:45 BODYPUMP--Angie R</p>	<p>7 5:30 GRIT™ Cardio--Stephanie 8:30 STEP—Laurie 8:45 POOLATES**--Julie 10:00 AQUA B.A.S.I.C. 45--Jan 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Jan 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne</p>	<p>8 7:45 FLEX-ABILITY+CORE—Julie 8:45 POOLATES**--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>9 5:30 GRIT Strength--Kristi 8:30 STEP—Laurie 8:45 POOLATES**--Julie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 50—Ali 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT STRENGTH--Stephanie 5:30 Power Yoga-- Shelbi</p>	<p>10 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES**--Julie 9:00 HIGH FITNESS--Ali 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>11 8:45 POOLATES**--Julie 9:00 BODYPUMP®--Angie R 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Carol 11:30 MOVEMENT & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>12 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE!--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>13 2:45 BARRE INTENSITY --Kerry</p>	<p>14 5:30 GRIT Athletic-Stephanie 8:30 STEP—Laurie 8:45 POOLATES**--Julie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 4:45 GRIT™ Cardio--Stephanie 5:30 BODYJAM 30- Dayne 6:00 STEP & STRENGTH- Dayne</p>	<p>15 7:45 FLEX-ABILITY+CORE—Julie 8:45 POOLATES**--Julie 9:00 BODYPUMP--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Carol 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>16 5:30 GRIT™ Strength--Kristi 8:30 STEP—Laurie 8:45 POOLATES**--Julie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 50—Ali 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 Power Yoga--Shelbi</p>	<p>17 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES**--Julie 9:00 HIGH FITNESS--Ali 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Carol 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>18 8:45 POOLATES**--Julie 9:00 Bodypump-Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>19 8:15 UNWIND YOGA--Jan 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>20 2:45 SOULFusion--Angie</p>	<p>21 5:30 GRIT™ Athletic--Stephanie 8:30 STEP—Laurie 8:45 POOLATES**--Julie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 4:45 GRIT™ Cardio--Stephanie 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne</p>	<p>22 7:45 FLEX-ABILITY+CORE—Julie 8:45 POOLATES**--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>23 5:30 GRIT™ Strength--Kristi 8:30 STEP—Laurie 8:45 POOLATES**--Julie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 50—Ali 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 Power Yoga--Shelbi</p>	<p>24 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES**--Julie 9:00 HIGH FITNESS--Ali 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP 45--Ely</p>	<p>25 8:45 POOLATES**--Julie 9:00 Bodypump-Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie</p>	<p>26 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE!--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>27 2:45 BODYPUMP--Jules</p>	<p>28 5:30 GRIT™ Cardio--Stephanie 8:30 STEP—Laurie 8:45 POOLATES**--Julie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 4:45 GRIT Cardio--Kristi 5:30 BODYJAM® 30--Dayne 6:00 STEP & STRENGTH--Dayne</p>	<p>29 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES**--Julie 9:00 BODYPUMP® --Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE ABOVE--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p>30 5:30 GRIT™ Strength--Kristi 8:30 STEP—Laurie 8:45 POOLATES**--Julie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Laurie 11:00 M & S 50—Ali 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 Power Yoga--Shelbi</p>	<p>31 7:45 FLEX-ABILITY+CORE--Julie 8:45 POOLATES**--Julie 9:00 BODYCOMBAT--Tommi 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP 45--Ely</p>		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Group</p> <p>Fitness schedule also available at Flagstaffathleticclub.com</p> <p>All group fitness classes are free to members unless marked (fee)</p> <p>Schedule published on 7/26/23. Check the app or call any Service Desk at 526-8652 for most up to date information.</p> <p>* Class held in outdoor courtyard</p>		<p>1</p> <p>5:30am CYCLEFIT*--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Maya</p>	<p>2</p> <p>9:00 TRX FULL BODY TRAINING --Richard 11:00 BODYJAM® 45--Jules 7:00 PILATES-- Richard</p>	<p>3</p> <p>5:30am CYCLEFIT*--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie</p>	<p>4</p> <p>10:15 ZUMBA!-- Kate 12:00 PILATES--Jan 5:30 PILATES--Richard</p>	<p>5</p> <p>7:15 BARBELL STRENGTH*-Lanna 8:15 Cycling*--Lanna</p>
6	<p>7</p> <p>9:00 TRX FULL BODY TRAINING --Robb 5:30pm Evening Yoga-Shelbi 7:00 PILATES-- Richard</p>	<p>8</p> <p>5:30am CYCLEFIT*--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>9</p> <p>9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45--Jules 7:00 PILATES--Richard</p>	<p>10</p> <p>5:30am CYCLEFIT*--Rochelle 9:15 CYCLING—Ely 10:45 MOVE ‘n GROOVE --Carol</p>	<p>11</p> <p>10:15 ZUMBA!--Kate 12:00 PILATES--Jan 5:30 PILATES--Richard</p>	<p>12</p> <p>7:15 BARBELL STRENGTH*-Lanna 8:15 Cycling*--Lanna</p>
13	<p>14</p> <p>9:00 TRX FULL BODY TRAINING --Robb 5:30pm Evening Yoga-Shelbi 7:00 PILATES-- Richard</p>	<p>15</p> <p>5:30am CYCLEFIT*--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>16</p> <p>9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45--Jules 7:00 PILATES--Richard</p>	<p>17</p> <p>5:30am CYCLEFIT*--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:30 ZUMBA--Mickella</p>	<p>18</p> <p>10:15 ZUMBA!--Kate 12:00 PILATES--Jan 5:30 PILATES--Richard</p>	<p>19</p> <p>7:15 BODYPUMP 45*--Kerry 8:15 Cycling*- Darryn</p>
20	<p>21</p> <p>9:00 TRX FULL BODY TRAINING --Robb 5:30pm Evening Yoga-Shelbi 7:00 PILATES-- Richard</p>	<p>22</p> <p>5:30am CYCLEFIT*--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>23</p> <p>9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45-- Jules 7:00 PILATES-- Richard</p>	<p>24</p> <p>5:30am CYCLEFIT*--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:00 ZUMBA--Mickella</p>	<p>25</p> <p>10:15 ZUMBA!--Kate 12:00 PILATES--Jan 5:30 PILATES--Jan</p>	<p>26</p> <p>7:15 BARBELL STRENGTH*-Maya 8:15 Cycling*--Lanna</p>
27	<p>28</p> <p>9:00 TRX FULL BODY TRAINING --Robb 5:30pm Evening Yoga-Shelbi 7:00 PILATES-- Richard</p>	<p>29</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb</p>	<p>30</p> <p>9:00 TRX FULL BODY TRAINING --Robb 11:00 BODYJAM® 45--Jules 7:00 PILATES-- Richard</p>	<p>31</p> <p>5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE’ n GROOVE--Laurie 5:30 ZUMBA--Mickella</p>		