

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

# FEBRUARY 2024

# GROUP FITNESS DIAMOND ROOM - WEST

# FLAGSTAFF ATHLETIC CLUB

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

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				<p><b>1</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION&amp; Sole Training--Angie A 6:00 BODYPUMP®45--Ely 7:00 ZUMBA!--Melissa</p>	<p><b>2</b></p> <p>9:00 GROUNDHOG's DAY BODYPUMP Special--Angie R/Julie 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT &amp; STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p><b>3</b></p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Melissa 10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>4</b></p> <p>9:00 BODYCOMBAT® — Vicky/Ely 10:15 BODYPUMP® —Ely 2:45 SOULFUSION--Angie A 4:00 ZUMBA!--Melissa</p>	<p><b>5</b></p> <p>5:30 GRIT Athletic-Stephanie 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M &amp; S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!--Mickella 6:45 STEP &amp; STRENGTH--Dayne</p>	<p><b>6</b></p> <p>7:45 FLEX-ABILITY+CORE—Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP®--Angie R 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's--Angie A 6:00 BODYPUMP® 45--Ely</p>	<p><b>7</b></p> <p>5:30 GRIT Strength--Kristi 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Laurie 11:00 M &amp; S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT STRENGTH--Stephanie</p>	<p><b>8</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Melissa</p>	<p><b>9</b></p> <p>9:00 BODYPUMP--Angie R 10:00 AQUA B.A.S.I.C.45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT &amp; STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p><b>10</b></p> <p>8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE!--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>11</b></p> <p>9:00 BODYCOMBAT® — Vicky/Ely 10:15 BODYPUMP® —Ely 2:45 HIGH FITNESS--Ali 4:00 ZUMBA!--Melissa</p>	<p><b>12</b></p> <p>5:30 GRIT Athletic-Stephanie 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M &amp; S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!-- Melissa 6:45 STEP &amp; STRENGTH--Dayne</p>	<p><b>13</b></p> <p>7:45 FLEX-ABILITY+CORE—Julie 9:00 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><b>14</b></p> <p>5:30 GRIT™ Strength--Kristi 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Laurie 11:00 M &amp; S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 EVENING YOGA--Tatiana</p>	<p><b>15</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Melissa</p>	<p><b>16</b></p> <p>9:00 BODYPUMP-Angie R 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT &amp; STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p><b>17</b></p> <p>8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>18</b></p> <p>9:00 BODYCOMBAT® — Vicky/Ely 10:15 BODYPUMP® —Ely 2:45 JAMBARREE--Kerry 4:00 ZUMBA!--Melissa</p>	<p><b>19</b></p> <p>5:30 GRIT™ Cardio--Stephanie 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Jan 10:00 BEG STEP 30—Laurie 11:00 M &amp; S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE—Julie 4:45 GRIT™ Cardio--Stephanie 5:30 ZUMBA--Mickella 6:45 STEP &amp;STRENGTH--Dayne</p>	<p><b>20</b></p> <p>7:45 FLEX-ABILITY+CORE—Julie 9:00 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><b>21</b></p> <p>5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP—Laurie 11:00 M &amp; S 50—Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 EVENING YOGA--Tatiana</p>	<p><b>22</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Melissa</p>	<p><b>23</b></p> <p>9:00 BODYPUMP-Julie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:30 BEG STEP 30--Laurie 11:30 MOVEMENT &amp; STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p><b>24</b></p> <p>8:15 YOGA PILATES FUSION --Kristina 9:30 ZUMBA!--Mickella 10:45 FLEX-ABILITY+CORE--Julie</p>
<p><b>25</b></p> <p>9:00 BODYCOMBAT® — Vicky/Ely 10:15 BODYPUMP® —Ely 2:45 SOULFUSION--Angie A 4:00 ZUMBA!--Melissa</p>	<p><b>26</b></p> <p>5:30 GRIT Cardio-Stephanie 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Laurie 11:00 M &amp; S 50--Julie 12:15YOGA INSPIRED PILATES--Kristina 3:30 FLEX-ABILITY+CORE—Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!-- Mickella 6:45 STEP &amp;STRENGTH--Dayne</p>	<p><b>27</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 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><b>28</b></p> <p>5:30 GRIT™ Strength--Kristi 8:30 STEP—Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30—Laurie 11:00 M &amp; S 50—Julie 12:15 LUNCHTIME YOGA--Michael 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 EVENING YOGA--Tatiana</p>	<p><b>29</b></p> <p>7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Melissa</p>		

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<p>4</p>	<p>5                      9:00 TRX FULL BODY TRAINING --Emilia                      5:30pm PILATES--Richard</p>	<p>6                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Carol                      6:00 TRX FULL BODY TRAINING --Robb</p>	<p>7                      9:00 TRX FULL BODY TRAINING --Robb                      11:00 BODYJAM® 45--Jules</p>	<p>8                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE --Laurie                      5:15 BODYJAM 30- Dayne</p>	<p>9                      10:15 ZUMBA!--Kate                      12:00 PILATES--Jan</p>	<p>10</p>
<p>11</p>	<p>12                      9:00 TRX FULL BODY TRAINING --Robb                      5:30pm PILATES--Richard</p>	<p>13                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Carol                      6:00 TRX FULL BODY TRAINING --Robb</p>	<p>14                      9:00 TRX FULL BODY TRAINING --Robb                      11:00 BODYJAM® 45--Jules</p>	<p>15                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Laurie                      5:15 BODYJAM 30- Dayne</p>	<p>16                      10:15 ZUMBA!--Kate                      12:00 PILATES--Jan</p>	<p>17</p>
<p>18</p>	<p>19                      9:00 TRX FULL BODY TRAINING --Robb                      5:30pm PILATES--Richard</p>	<p>20                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Carol                      6:00 TRX FULL BODY TRAINING --Robb</p>	<p>21                      9:00 TRX FULL BODY TRAINING --Robb                      11:00 BODYJAM® 45-- Jules</p>	<p>22                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Laurie                      5:15 BODYJAM 30- Dayne</p>	<p>23                      10:15 ZUMBA!--Kate                      12:00 PILATES--Angie A</p>	<p>24</p>
<p>25</p>	<p>26                      9:00 TRX FULL BODY TRAINING --Robb                      5:30pm PILATES--Richard</p>	<p>27                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Laurie                      6:00 TRX FULL BODY TRAINING --Robb</p>	<p>28                      9:00 TRX FULL BODY TRAINING --Robb                      11:00 BODYJAM® 45---Jules</p>	<p>29                      5:30am CYCLEFIT--Rochelle                      9:15 CYCLING—Laurie                      10:45 MOVE ‘n GROOVE--Laurie                      5:15 BODYJAM 30- Dayne</p>		