

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|---|
| | <p align="center">Group Fitness schedule also available at flagstaffathleticclub.com</p> <p align="center">All group fitness classes are free to members unless marked (fee) Schedule published on 5/25/23. 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 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p> | <p>2</p> <p>5:30am BODYPUMP®— Kerry 9:00 BODYCOMBAT®--Janelle 10:15 BODYPUMP®--Jules</p> | <p>3</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p> |
| <p>4</p> <p>3:00 SUNDAY YOGA—Shelbi</p> | <p>5</p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Ely 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean</p> | <p>6</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:00 pm HIIT!--Kristina</p> | <p>7</p> <p>5:30 BODYPUMP®—Stephanie 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>8</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p> | <p>9</p> <p>5:30am BODYPUMP® 50- Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p> | <p>10</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p> |
| <p>11</p> <p>3:00 SUNDAY YOGA-- Shelbi</p> | <p>12</p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45--Sean/Janelle</p> | <p>13</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:00 pm HIIT!--Kristina</p> | <p>14</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>15</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p> | <p>16</p> <p>5:30am BODYPUMP® 50--Tommi 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p> | <p>17</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Sean/Janelle</p> |
| <p>18</p> <p>3:00 SUNDAY YOGA—Erin</p> | <p>19</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>20</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:00 pm HIIT!--Kristina</p> | <p>21</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>22</p> <p>9:00 BODYPUMP®—ROCK 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p> | <p>23</p> <p>5:30am BODYPUMP® 50-Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p> | <p>24</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean</p> |
| <p>25</p> <p>3:00 SUNDAY YOGA—Shelbi</p> | <p>26</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>27</p> <p>9:00 BODYPUMP® —Rock 10:30 SILVER FITNESS--Jan 5:00 pm HIIT!--Kristina</p> | <p>28</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>29</p> <p>9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Janelle/Sean 6:00 BODYPUMP® —Janelle/Sean</p> | <p>30</p> <p>5:30am BODYPUMP®50-- Tommi 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p> | |

JUNE 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 5/25/23. Check the app or call any Service Desk at 779-4593 for most up to date information.</p> | | | <p>1</p> <p>9:00 TRX-- Emilia 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Erin</p> | <p>2</p> <p>9:00 YIN YOGA--Jan 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin</p> | <p>3</p> <p>8:15 RPM™--Angie R/Sean 9:30 PILATES--Jan</p> |
| 4 | <p>5</p> <p>9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella</p> | <p>6</p> <p>9:00 PILATES--Kristina 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie 6:15 VINYASA FLOW-Kent</p> | <p>7</p> <p>9:00 WISDOM YOGA--Carol 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Kate</p> | <p>8</p> <p>9:00 TRX-- Emilia 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kent</p> | <p>9</p> <p>9:00 YIN YOGA--Jan 1:30 LUNCHTIME YOGA--Carol 5:30 pm FRIDAY FULL PSYCLE --Darrin</p> | <p>10</p> <p>8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p> |
| 11 | <p>12</p> <p>9:00 WISDOM YOGA--Jan 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella</p> | <p>13</p> <p>9:00 PILATES--Richard 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™-- Angie R 6:15 VINYASA FLOW-Kent</p> | <p>14</p> <p>9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella</p> | <p>15</p> <p>9:00 TRX-- Emilia 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kent</p> | <p>16</p> <p>9:00 YIN YOGA--Jan 1:30 LUNCHTIME YOGA--Erin 5:30 pm FRIDAY FULL PSYCLE --Darrin</p> | <p>17</p> <p>8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p> |
| 18 | <p>19</p> <p>9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Erin 6:00 ZUMBA!--Mickella</p> | <p>20</p> <p>9:00 PILATES--Richard 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 VINYASA FLOW-Kent</p> | <p>21</p> <p>9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Shelbi 6:00 ZUMBA!--Mickella</p> | <p>22</p> <p>9:00 TRX--Robb 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kent</p> | <p>23</p> <p>9:00 YIN YOGA--Jan 1:30 LUNCHTIME YOGA--Shelbi 5:30 pm FRIDAY FULL PSYCLE --Darrin</p> | <p>24</p> <p>8:15 RPM™-Angie R/Sean 9:30 PILATES--Richard</p> |
| 25 | <p>26</p> <p>9:00 WISDOM YOGA--Wendy 12:00 CYCLING--Robb 1:30 LUNCHTIME YOGA--Shelbi 6:00 ZUMBA!--Mickella</p> | <p>27</p> <p>9:00 PILATES--Richard 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 VINYASA FLOW-Kent</p> | <p>28</p> <p>9:00 WISDOM YOGA--Wendy 1:30 LUNCHTIME YOGA--Shelbi 6:00 ZUMBA!--Mickella</p> | <p>29</p> <p>9:00 TRX--Emilia 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Kent</p> | <p>30</p> <p>9:00 YIN YOGA--Jan 1:30 LUNCHTIME YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p> | |

JUNE 2023

GROUP FITNESS MAIN ROOM - EAST

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</p> <p>Schedule published on 5/25/23. Check the app or call any Service Desk at 526-8652 for most up to date information.</p> <p>*Class held at Indoor Pool</p> <p>**Class taught in outdoor pool.</p> | | | <p>1</p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>8:45 POOLATES**--Julie</p> | <p>2</p> <p>9:00 BODYPUMP®--Angie R</p> <p>8:45 POOLATES*--Julie</p> <p>10:00 AQUA B.A.S.I.C.45*--Julie</p> <p>10:30 BEG STEP 30--Laurie</p> <p>11:30 MOVEMENT & STRENGTH--Julie</p> <p>12:45 SilverSneakers® CLASSIC--Julie</p> | <p>3</p> <p>8:15 UNWIND YOGA--Carol</p> <p>9:30 DANCE PARTY!--Carol</p> <p>10:45 FLEX-ABILITY+CORE--Julie</p> |
| <p>4</p> <p>2:45 SOULfusion--Angie A</p> | <p>5</p> <p>5:30 GRIT™ Cardio--Stephanie</p> <p>8:30 STEP--Laurie</p> <p>9:00 POOLATES--Julie</p> <p>10:00 AQUA B.A.S.I.C. 45--Julie</p> <p>10:00 BEG STEP 30--Laurie</p> <p>11:00 M & S 50--Julie</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE--Rachel</p> <p>4:45 GRIT™ Cardio--Kristi</p> <p>5:30 BODYJAM® 30--Dayne</p> <p>6:00 STEP & STRENGTH--Dayne</p> | <p>6</p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>8:45 POOLATES**--Julie</p> <p>9:00 BODYPUMP®--Angie R</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE 100's--Angie A</p> <p>6:00 BODYPUMP® 45--Ely</p> | <p>7</p> <p>5:30 GRIT™ Strength--Kristi</p> <p>8:30 STEP--Laurie</p> <p>9:00 POOLATES*--Julie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:00 BEG STEP 30--Laurie</p> <p>11:00 M & S 50--Ali</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE--Julie</p> <p>4:45 GRIT™ Strength--Stephanie</p> <p>5:30 Power Yoga--Shelbi</p> | <p>8</p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>8:45 POOLATES**--Julie</p> <p>9:00 HIGH FITNESS--Ali</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE FUSION--Angie A</p> <p>6:00 BODYPUMP® 45--Ely</p> | <p>9</p> <p>9:00 BODYPUMP®--Angie R</p> <p>8:45 POOLATES*--Julie</p> <p>10:00 AQUA B.A.S.I.C.45*--Julie</p> <p>10:30 BEG STEP 30--Laurie</p> <p>11:30 MOVEMENT & STRENGTH--Julie</p> <p>12:45 SilverSneakers® CLASSIC--Julie</p> | <p>10</p> <p>8:15 UNWIND YOGA--Carol</p> <p>9:30 DANCE PARTY!--Carol</p> <p>10:45 FLEX-ABILITY+CORE--Julie</p> |
| <p>11</p> <p>2:45 SOULfusion--Angie A</p> | <p>12</p> <p>5:30 HIIT--Kristina</p> <p>8:30 STEP--Laurie</p> <p>8:45 POOLATES**--Julie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:00 BEG STEP 30--Laurie</p> <p>11:00 M & S 50--Julie</p> <p>12:15 LUNCHTIME YOGA--Jan</p> <p>3:30 FLEX-ABILITY+CORE--Rachel</p> <p>4:45 GRIT™ Cardio--Kristi</p> <p>5:30 BODYJAM 30--Kerry</p> <p>6:00 STEP --Laurie</p> | <p>13</p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>8:45 POOLATES**--Julie</p> <p>9:00 BODYPUMP--Angie R</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE ABOVE--Angie A</p> <p>6:00 BODYPUMP® 45--Ely</p> | <p>14</p> <p>5:30 GRIT™ Strength--Kristi</p> <p>8:30 STEP--Laurie</p> <p>8:45 POOLATES**--Julie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:00 BEG STEP 30--Laurie</p> <p>11:00 M & S 50--Ali</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>3:30 FLEX-ABILITY+CORE--Julie</p> <p>4:45 GRIT™ Strength--Kristi</p> <p>5:30 Power Yoga--Erin</p> | <p>15</p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>8:45 POOLATES**--Julie</p> <p>9:00 HIGH FITNESS--Ali</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE FUSION--Ely</p> <p>6:00 BODYPUMP® 45--Ely</p> | <p>16</p> <p>9:00 Bodypump-Angie R</p> <p>8:45 POOLATES**--Julie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:30 BEG STEP 30--Laurie</p> <p>11:30 MOVEMENT & STRENGTH --Julie</p> <p>12:45 SilverSneakers® CLASSIC--Julie</p> | <p>17</p> <p>8:15 UNWIND YOGA--Jan</p> <p>9:30 ZUMBA!--Kate</p> <p>10:45 FLEX-ABILITY+CORE--Julie</p> |
| <p>18</p> <p>2:45 BARRE FUSION--Kristina</p> | <p>19</p> <p>5:30 GRIT™ Athletic--Stephanie</p> <p>8:30 STEP--Laurie</p> <p>8:45 POOLATES**--Julie</p> <p>10:00 AQUA B.A.S.I.C. 45**--Julie</p> <p>10:00 BEG STEP 30--Laurie</p> <p>11:00 M & S 50--Julie</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE--Rachel</p> <p>4:45 GRIT™ Cardio--Kristi</p> <p>5:30 BODYJAM® 30--Dayne</p> <p>6:00 STEP & STRENGTH--Dayne</p> | <p>20</p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>8:45 POOLATES**--Julie</p> <p>9:00 BODYPUMP®--Angie R</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE FUSION--Mickella</p> <p>6:00 BODYPUMP® 45--Ely</p> | <p>21</p> <p>5:30 GRIT™ Strength--Kristi</p> <p>8:30 STEP--Laurie</p> <p>8:45 POOLATES**--Julie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:00 BEG STEP 30--Laurie</p> <p>11:00 M & S 50--Ali</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE--Julie</p> <p>4:45 GRIT™ Strength--Stephanie</p> <p>5:30 Power Yoga--Shelbi</p> | <p>22</p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>8:45 POOLATES**--Julie</p> <p>9:00 HIGH FITNESS--Ali</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE FUSION-- Kristina</p> <p>6:00 BODYPUMP 45--Ely</p> | <p>23</p> <p>9:00 Bodypump-Angie R</p> <p>8:45 POOLATES**--Julie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:30 BEG STEP 30--Laurie</p> <p>11:30 MOVEMENT & STRENGTH --Julie</p> <p>12:45 SilverSneakers® CLASSIC--Julie</p> | <p>24</p> <p>8:15 UNWIND YOGA--Carol</p> <p>9:30 ZUMBA!--Kate/Mickella</p> <p>10:45 FLEX-ABILITY+CORE--Julie</p> |
| <p>25</p> <p>2:45 BARRE FUSION--Mickella</p> | <p>26</p> <p>5:30 GRIT™ Athletic--Stephanie</p> <p>8:30 STEP--Laurie</p> <p>8:45 POOLATES**--Julie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:00 BEG STEP 30--Laurie</p> <p>11:00 M & S 50--Julie</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE--Rachel</p> <p>4:45 HIIT--Lanna</p> <p>5:30 BODYJAM® 30--Dayne</p> <p>6:00 STEP & STRENGTH--Dayne</p> | <p>27</p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>8:45 POOLATES**--Julie</p> <p>9:00 BODYPUMP® --Angie R</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE ABOVE--Ely</p> <p>6:00 BODYPUMP® 45--Ely</p> | <p>28</p> <p>5:30 GRIT™ Strength--Kristi</p> <p>8:30 STEP--Laurie</p> <p>8:45 POOLATES**--Julie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:00 BEG STEP 30--Laurie</p> <p>11:00 M & S 50--Julie</p> <p>12:15 LUNCHTIME YOGA--Carol</p> <p>3:30 FLEX-ABILITY+CORE--Julie</p> <p>4:45 HIIT STRENGTH--Maya</p> <p>5:30 Power Yoga--Shelbi</p> | <p>29</p> <p>7:45 FLEX-ABILITY+CORE--Julie</p> <p>9:00 BODYCOMBAT--Janelle</p> <p>8:45 POOLATES**--Julie</p> <p>10:45 SilverSneakers® CLASSIC--Julie</p> <p>12:15 LUNCHTIME YOGA--Michael</p> <p>4:45 BARRE FUSION--Kristina</p> <p>6:00 BODYPUMP 45--Ely</p> | <p>30</p> <p>9:00 BODYPUMP® --Angie R</p> <p>8:45 POOLATES**--Julie</p> <p>10:00 AQUA B.A.S.I.C. 45*--Julie</p> <p>10:30 BEG STEP 30--Laurie</p> <p>11:30 MOVEMENT & STRENGTH --Julie</p> <p>12:45 SilverSneakers® CLASSIC--Julie</p> | |

| 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) Schedule published on 5/25/23. Check the app or call any Service Desk at 526-8652 for most up to date information. * Class held in outdoor courtyard</p> | | | 1 | 2 | 3 |
| | | | | 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie | 10:15 DANCE PARTY!--Carol 12:00 PILATES--Jan | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Jan 5:30pm Evening Yoga-Shelbi | 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb | 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Jan 11:00 BODYJAM® 45--Jules | 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE --Laurie | 10:15 ZUMBA!--Kate 12:00 PILATES--Richard | 7:15 BARBELL STRENGTH*-Lanna 8:15 Cycling*--Lanna/Laurie |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | 8:30 TRX FULL BODY TRAINING --Emilia 9:45 PILATES--Richard 5:30pm Evening Yoga-Shelbi | 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 6:00 TRX FULL BODY TRAINING --Robb | 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 11:00 BODYJAM® 45--Jules | 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie | 10:15 ZUMBA!--Kate 12:00 PILATES--Richard | 7:15 BARBELL STRENGTH*-Lanna 8:15 Cycling*--Lanna |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 5:30pm Evening Yoga-Shelbi | 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb | 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 11:00 BODYJAM® 45-- Jules | 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie | 10:15 ZUMBA!--Kate 12:00 PILATES--Richard | 7:15 BARBELL STRENGTH*-Lanna 8:15 Cycling*--Lanna |
| 25 | 26 | 27 | 28 | 29 | 30 | |
| | 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 5:30pm Evening Yoga-Shelbi | 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 6:00 TRX FULL BODY TRAINING --Robb | 8:30 TRX FULL BODY TRAINING --Robb 9:45 PILATES--Richard 11:00 BODYJAM® 45---Jules | 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie | 10:15 ZUMBA!--Kate 12:00 PILATES--Richard | |