

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 10/27/23. Check the app or call any Service Desk at 779-4593 for most up to date information.</p> <p>** New Les Mills Release</p>			<p>1</p> <p>5:30 BODYPUMP®**--Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®**--Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA--Erin 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®**--Janelle</p>	<p>2</p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®**--Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™** --Janelle/Sean 6:00BODYPUMP® **--Janelle/Sean</p>	<p>3</p> <p>5:30am BODYPUMP®** — Stephanie 9:00 BODYCOMBAT®**--Tommi 10:15 BODYPUMP®**--Ely 1:30 LUNCHTIME YOGA--Erin</p>	<p>4</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p>5</p> <p>3:00 SUNDAY YOGA—Kristen</p>	<p>6</p> <p>5:30am BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA--Erin 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean</p>	<p>7</p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Ely 10:30 SILVER FITNESS--Jan 4;45 HIIT--Kristina</p>	<p>8</p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Ely 10:15 ZUMBA--Kate 1:30 LUNCHTIME YOGA--Erin 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p>9</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>10</p> <p>5:30am BODYPUMP® - Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely 1:30 LUNCHTIME YOGA--Erin</p>	<p>11</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p>12</p> <p>3:00 SUNDAY YOGA-- Kristen</p>	<p>13</p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA--Erin 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45-Sean/Janelle</p>	<p>14</p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 4;45 HIIT--Kristina</p>	<p>15</p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA--Erin 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p>16</p> <p>5:30 HIIT--Maya 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p>17</p> <p>5:30am BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely 1:30 LUNCHTIME YOGA--Erin</p>	<p>18</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Sean/Janelle 11:00 SILVER FITNESS- Jan</p>
<p>19</p> <p>3:00 SUNDAY YOGA—Kristen</p>	<p>20</p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA--Erin 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean</p>	<p>21</p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 4;45 HIIT--Kristina</p>	<p>22</p> <p>Club Hours: 5am-6pm 5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 SHAKESGIVING!--Kate/Mickella 1:30 LUNCHTIME YOGA--Erin 4:15 BARRE/PILATES FUSION 45 --Kristina</p>	<p>23</p> <p>Thanksgiving Day Clubs Closed</p>	<p>24</p> <p>Club Hours: 7am-8pm 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely 1:30 LUNCHTIME YOGA--Jan</p>	<p>25</p> <p>8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p>26</p> <p>3:00 SUNDAY YOGA—Kristen</p>	<p>27</p> <p>5:30 BARBELL STRENGTH-Ali 7:45 SILVER CHALLENGE--Carol 9:00 BODYCOMBAT®--Vicky 10:15 BODYPUMP®--Tommi 1:30 LUNCHTIME YOGA--Erin 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45--Sean/Janelle</p>	<p>28</p> <p>5:30 HIGH FITNESS-Ali 9:00 BODYPUMP® —Rock 10:30 SILVER FITNESS--Jan 4;45 HIIT--Kristina</p>	<p>29</p> <p>5:30 BODYPUMP®—Tommi 7:45 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 1:30 LUNCHTIME YOGA--Erin 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p>30</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>		

NOVEMBER 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 10/27/23. Check the app or call any Service Desk at 779-4593 for most up to date information.</p> <p>**New Les Mills Release</p>			<p>1</p> <p>9:00 WISDOM YOGA--Wendy 6:00 ZUMBA!--Mickella</p>	<p>2</p> <p>6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT**--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Jacqui</p>	<p>3</p> <p>9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>4</p> <p>8:15 RPM™-Angie R/Sean 9:30 PILATES--Richard</p>
<p>5</p>	<p>6</p> <p>9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb</p>	<p>7</p> <p>6:00 PILATES--Richard 9:00 PILATES FUSION--Jan 10:15 TRX--Emilia 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™ --Angie R 6:15 VINYASA FLOW-Jacqui</p>	<p>8</p> <p>9:00 WISDOM YOGA--Wendy 6:00 ZUMBA--Kate</p>	<p>9</p> <p>6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Jacqui</p>	<p>10</p> <p>9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>11</p> <p>8:15 RPM™-Angie R/Sean 9:30 PILATES--Richard</p>
<p>12</p>	<p>13</p> <p>9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb</p>	<p>14</p> <p>6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™-- Angie R 6:15 VINYASA FLOW-Jacqui</p>	<p>15</p> <p>9:00 WISDOM YOGA--Wendy 6:00 ZUMBA--Kate</p>	<p>16</p> <p>6:00 PILATES--Richard 9:00 TRX-- Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Jacqui</p>	<p>17</p> <p>9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>18</p> <p>8:15 “Thighs before Pies” RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
<p>19</p>	<p>20</p> <p>9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb</p>	<p>21</p> <p>6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 “Thighs before Pies” RPM™--Angie R 6:15 VINYASA FLOW-- Jacqui</p>	<p>22</p> <p>Club Hours: 5am-6pm 9:00 WISDOM YOGA--Wendy</p>	<p>23</p> <p>Thanksgiving Day Clubs Closed</p>	<p>24</p> <p>Club Hours: 7am-8pm 9:00 YIN YOGA--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>25</p> <p>8:15 RPM™-Angie R/Sean 9:30 PILATES--Richard</p>
<p>26</p>	<p>27</p> <p>9:00 WISDOM YOGA--Wendy 12:00 Cycling-Robb</p>	<p>28</p> <p>6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 10:15 TRX--Rock 1:30 LUNCHTIME YOGA--Kristen 5:15 RPM™--Angie R 6:15 GENTLE YOGA with LIVE SOUND Bath -Jacqui</p>	<p>29</p> <p>9:00 WISDOM YOGA--Wendy 6:00 ZUMBA--Mickella</p>	<p>30</p> <p>6:00 PILATES--Richard 9:00 TRX--Emilia 10:15 SPRINT--Rock 1:30 LUNCHTIME YOGA--Kristen 6:15 VINYASA FLOW-Jacqui</p>		

NOVEMBER 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 All group fitness classes are free to members Schedule published on 10/27/23. Check the app or call any Service Desk at 526-8652 for most up to date information. *Class held at Indoor Pool **New Les Mills Release</p>			<p>1 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength**--Stephanie 5:30 Power Yoga-- Erin</p>	<p>2 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 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>3</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 & STRENGTH--Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p>4 8:15 UNWIND YOGA--Carol 9:30 LATIN DANCE--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>5 2:45 SOULFUSION--Angie A</p>	<p>6 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Stephanie 5:30 LATIN DANCE!--Carol 6:45 STEP & STRENGTH- Dayne</p>	<p>7 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>8 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT STRENGTH--Stephanie 5:30 Power Yoga-- Erin</p>	<p>9 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</p>	<p>10 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 5:30 PILATES--Richard</p>	<p>11 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!-- Mickella 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>12 2:45 FUNKY FALL BODYJAM --Jules/Dayne/Laurie/Kerry</p>	<p>13 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 & 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 & STRENGTH- Dayne</p>	<p>14 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>15 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 Power Yoga--Erin</p>	<p>16 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</p>	<p>17 9:00 "Thighs before Pies" 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 5:30 PILATES--Richard</p>	<p>18 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>19 8:30 TURKEY TWERKY --Janelle/Kerry Bodycombat 30 Bodypump 30 Pilates 30 2:45 HIGH FITNESS-- Ali</p>	<p>20 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Cardio--Kristi 5:30 ZUMBA!--Mickella</p>	<p>21 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 "Thighs before Pies" 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>22 Club Hours: 5am-6pm 5:30 GRIT™ Strength--Stephanie 8:30 STEP & STRENGTH--Dayne 10:00 AQUA B.A.S.I.C. 45*--Julie 11:00 M & S 50--Julie 12:15 THANKFUL YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie</p>	<p>23 Thanksgiving Day Clubs Closed</p>	<p>24 Club Hours: 7am-8pm 10:00 AQUA B.A.S.I.C. 45*--Julie 11:30 MOVEMENT & STRENGTH --Julie 12:45 SilverSneakers® CLASSIC--Julie 5:30 PILATES--Richard</p>	<p>25 8:15 GOOD VIBES YOGA--Carol 9:30 LATIN DANCE!--Carol 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>26 2:45 SOULFUSION--Angie A</p>	<p>27 5:30 GRIT™ Cardio--Stephanie 8:30 STEP--Angie A 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP 30--Carol 11:00 M & 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 & STRENGTH- Dayne</p>	<p>28 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>29 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 & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 4:45 GRIT™ Strength--Stephanie 5:30 Power Yoga--Erin</p>	<p>30 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</p>		

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