

May 2019



SUN	MON	TUE	WED	THU	FRI	SAT
			5:15 AM Strength 1 5:15 PM All Abs 5:45 PM Stability Ball 6:30 PM SlamBall/Weights	6:00 PM Total Body Conditioning 2 6:30 PM Stretch	5:15 AM Strength 3 6:00-7:00 PM Open Gym	7:30 AM-9:00 AM Open Circuit 4
5	5:15 AM 6 Total Body Conditioning 5:00-7:00 PM Open Circuit	5:15 PM 7 Stretch Balance & Flow 6:00 PM Tabata/Barre Mix	5:15 AM 8 Strength 5:15 PM All Abs 5:45 PM Stability Ball 6:30 PM SlamBall/Weights	6:00 PM 9 Total Body Conditioning 6:30 PM Stretch	5:15 AM 10 Strength 6:00-7:00 PM Open Gym	7:30 AM-9:00 AM Open Circuit 11
12	5:15 AM 13 Total Body Conditioning 5:00-7:00 PM Open Circuit	5:15 PM 14 Stretch Balance & Flow 6:00 PM Tabata/Barre Mix	5:15 AM 15 Strength 5:15 PM All Abs 5:45 PM Stability Ball 6:30 PM SlamBall/Weights	16 CLOSED	5:15 AM 17 Strength	7:30 AM-9:00 AM Open Circuit 18
19	20 NO AM CLASS 5:00-7:00 PM Open Circuit	5:15 PM 21 Stretch Balance & Flow 6:00 PM Tabata/Barre Mix	5:15 AM 22 Strength 5:15 PM All Abs 5:45 PM Stability Ball 6:30 PM SlamBall/Weights	23 6:00 PM Total Body Conditioning 6:30 PM Stretch	24 5:15 AM Strength 6:00-7:00 PM Open Gym	25 7:30 AM-9:00 AM Open Circuit
26	27 5:15 AM Total Body Conditioning 5:00-7:00 PM Open Circuit	28 5:15 PM Stretch Balance & Flow 6:00 PM Tabata/Barre Mix	29 5:15 AM Strength 5:15 PM All Abs 5:45 PM Stability Ball 6:30 PM SlamBall/Weights	30 6:00 PM Total Body Conditioning 6:30 PM Stretch	31 5:15 AM Strength 6:00-8:00 Women's Group	