







May Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM Zumba Fusion Bettv	9:30 AM Yoga Flow Ondrea	8:30 AM Zumba Fusion Betty	9:30 AM Yoga Flow Ondrea	8:30 AM Zumba Fusion Betty	9:00 AM Zumba Miracle	10:30 AM Dream Action Yoga Hakeem
10:30 AM Hatha Yoga Todd	6:00 PM Yoga I&II Shilu	5:30 PM Cardio Body Sculpt Sally	6:00 PM Hatha Yoga Todd	9:30 AM Yoga Flow Ondrea	10:00 AM Total Body Sculpt Sally	
5:30 PM Cardio Body Sculpt Sally	7:00 PM Zumba RoseMarie	6:30 PM Yoga I&II Michelle	7:00 PM Zumba RoseMarie		11:00 AM Yoga I&II Michelle	
6:30 PM Zumba Miracle Mav		7:30 PM Zumba RoseMarie				
7:30 PM Yoga(75min) Belinda						

FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM Glen	8:30 AM Richard	9:30 AM Lisa	8:30 AM Lisa	8:30 AM Richard	9:00 AM Richard	8:30 AM Tiffany
6:15 PM Marty	6:15 PM Lisa	6:15 PM Wendy	6:15 PM Lisa		<i>ROADRACERS</i>	

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 AM Kickboxing Matthew	9:30 AM Kickboxing Matthew	9:30 AM Kickboxing Matthew	5:30 PM Boxing Troy	9:30 AM Kickboxing Matthew	11:00 AM Kickboxing Jason	10:30AM Boxing Tech. Chris
4:30 PM Boxing Troy	5:30 PM Boxing Troy	5:30 PM Kickboxing Jason	6:30 PM Kappa Guerra Hakeem	5:30 PM Boxing Troy	SPECIALTY CLASSES	
5:30 PM Kickboxing Chris S.	7:30 PM Boxing Troy	6:30 PM Boxing Troy	7:30 PM Boxing Troy			
6:30 PM Boxing Troy		7:30 PM Kickboxing Jason	BOXING		TUESDAY 7:30 PM Reformer Pilates \$30 a class JAN	FRIDAY 9:45 AM Reformer Pilates \$30 a class JAN