

These Aren't Your Grandma's Small Group Classes



MAY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			9:00am Fit Lift		9am Butts & Guts	9am Fit Lift
6	7	8	9	10	11	12
9:30am Cardio Core	6am 12 Rounds 9am Step Interval 5:30pm Sled & Shred	5:30pm 12-Rounds	6am Sled & Shred 9:00am Fit Lift 5:30pm Sled & Shred	5:00pm 12 Rounds 6:00pm Pooch Power	9am Butts & Guts	10am Yoga 11:00 12 Rounds
13	14	15	16	17	18	19
	6am 12 Rounds 9am Step Interval 5:30pm Sled & Shred	5:30pm 12-Rounds	6am Sled & Shred 9:00am Fit Lift 5:30pm Sled & Shred	5:00pm 12 Rounds 6:00pm Pooch Power	9am Butts & Guts	9am Fit Lift 10am Yoga 11:00 12 Rounds
20	21	22	23	24	25	26
9:30am Cardio Core	6am 12 Rounds 9am Step Interval 5:30pm Sled & Shred	5:30pm 12 Rounds	6am Sled & Shred 9:00am Fit Lift 5:30pm Sled & Shred	5:00pm 12 Rounds 6:00 pm Pooch Power	9am Butts & Guts	9am Fit Lift 10am Yoga 11:00 12 Rounds
27	28	29	30	31		
9:30am Cardio Core	6am 12 Rounds 9am Total Body Conditioning 5:30pm Sled & Shred	5:30pm 12 Rounds	6am Sled & Shred 9:00am Fit Lift 5:30pm Sled & Shred	5:00pm 12 Rounds 6:00pm Pooch Power		

May 6th-May 12th, All CLASSES FREE (Book Now, We Are Keeping Class Sizes Small).