

May

WEEKLY FITNESS CALENDAR



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SUN 5/5	MON 5/6	TUE 5/7	WED 5/8	THU 5/9	FRI 5/10	SAT 5/11
8AM Spin – Kristen	6AM HIIT - Wesley	6:30AM Spin – Tovah	7AM Yoga - Linda	7am Strong & Fit - Linda	6:30AM Spin – Tovah	8AM 45 & Done -Pam
	715AM TRX- Linda	7AM Strong & Fit – Linda	8:30 AM Fun & Fit – Kristen	8:30AM Circuit 360 – Pam C	7AM TRX – Linda	9AM Rise & Shine Yoga – Pam
	8:30AM 360 Circuit - Linda	8AM Circuit 360 – Pam C	9:30AM Function & Flow- Sarah	8:30AM H.I.I.T. - Wesley	8AM Pro Posture – Linda	10AM Meditation- Pam
	8:30AM Basic Strength – Kristen	8:30AM Posture Fitness – Sarah	10:45AM Water Aerobics- Linda	9:30AM Hatha Yoga – Pam	9AM Yoga Stretch - Pam	
	8:30AM HIIT - Wesley	8:30AM H.I.I.T. - Wesley	1PM Circuit360 – Linda	10:30AM Gentle Yoga - Pam		
	9:30AM- Function & Flow – Sarah	9:30AM Hatha Yoga – Pam	2PM Weight Training - Linda	4PM Foam Rolling - Kristen		
	10:45AM Water Aerobics- Linda	10:30AM Deep Tissue Treatment Yoga- Pam	5PM Restorative Yoga - Pam	5PM Spin – Kristen		
	1PM Stretch - Linda	4PM Pop Pilates – Linda		5PM Line Dancing - Linda		
	5PM Restorative Yoga - Pam	5PM TRX + Yoga - Linda				
		5PM Spin - Kristen				

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WEEKLY FITNESS CALENDAR

SUN 5/12	MON 5/13	TUE 5/14	WED 5/15	THU 5/16	FRI 5/17	SAT 5/18
8AM Spin - Kristen	6AM HIIT - Wesley 715AM TRX- Linda 8:30AM 360 Circuit - Linda 8:30AM Basic Strength - Kristen 8:30AM HIIT - Wesley 9:30AM- Function & Flow - Sarah 10:45AM Water Aerobics- Linda 1PM Stretch - Linda 5PM Restorative Yoga - Pam	6:30AM Spin - Tovah 7AM Strong & Fit - Linda 8AM Circuit 360 - Pam C 8:30AM Posture Fitness - Sarah 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga - Pam 10:30AM Deep Tissue Treatment Yoga- Pam 4PM Pop Pilates - Linda 5PM TRX + Yoga - Linda 5PM Spin - Kristen	7AM Yoga - Linda 8:30 AM Fun & Fit - Kristen 9:30AM Function & Flow- Sarah 10:45AM Water Aerobics- Linda 1PM Circuit360 - Linda 2PM Weight Training - Linda 5PM Restorative Yoga - Pam	7am Strong & Fit - Linda 8:30AM Circuit 360 - Pam C 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga - Pam 10:30AM Gentle Yoga - Pam 4PM Foam Rolling - Kristen 5PM Spin - Kristen 5PM Line Dancing - Linda	6:30AM Spin - Tovah 7AM TRX - Linda 8AM Pro Posture - Linda 9AM Yoga Stretch - Pam	8AM 45 & Done -Pam 9AM Rise & Shine Yoga - Pam 10AM Meditation- Pam

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SUN 5/19	MON 5/20	TUE 5/21	WED 5/22	THU 5/23	FRI 5/24	SAT 5/25
8AM Spin - Kristen	6AM HIIT - Wesley	6:30AM Spin - Tovah	7AM Yoga - Linda	7am Strong & Fit - Linda	6:30AM Spin - Tovah	8AM 45 & Done -Pam
	715AM TRX- Linda	7AM Strong & Fit - Linda	8:30 AM Fun & Fit - Kristen	8:30AM Circuit 360 - Pam C	7AM TRX - Linda	9AM Rise & Shine Yoga - Pam
	8:30AM 360 Circuit - Linda	8AM Circuit 360 - Pam C	9:30AM Function & Flow- Sarah	8:30AM H.I.I.T. - Wesley	8AM Pro Posture - Linda	10AM Meditation- Pam
	8:30AM Basic Strength - Kristen	8:30AM Posture Fitness - Sarah	10:45AM Water Aerobics- Linda	9:30AM Hatha Yoga - Pam	9AM Yoga Stretch - Pam	
	8:30AM HIIT - Wesley	8:30AM H.I.I.T. - Wesley	1PM Circuit360 - Linda	10:30AM Gentle Yoga - Pam		
	9:30AM- Function & Flow - Sarah	9:30AM Hatha Yoga - Pam	2PM Weight Training - Linda	4PM Foam Rolling - Kristen		
	10:45AM Water Aerobics- Linda	10:30AM Deep Tissue Treatment Yoga- Pam	5PM Restorative Yoga - Pam	5PM Spin - Kristen		
	1PM Stretch - Linda	4PM Pop Pilates - Linda		5PM Line Dancing - Linda		
	5PM Restorative Yoga - Pam	5PM TRX + Yoga - Linda				
		5PM Spin - Kristen				

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WEEKLY FITNESS CALENDAR

SUN 5/26	MON 5/27	TUE 5/28	WED 5/29	THU 5/30	FRI 5/31
8AM Spin - Kristen	6AM HIIT - Wesley 8:30AM Basic Strength - Kristen 9:30AM HIIT - Wesley 9:30AM- Function & Flow - Sarah 5PM Restorative Yoga - Pam	6:30AM Spin - Tovah 8AM Circuit 360 - Pam C 8:30AM Posture Fitness - Sarah 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga - Pam 10:30AM Deep Tissue Treatment Yoga- Pam 5PM Spin - Kristen	8:30 AM Fun & Fit - Kristen 9:30AM Function & Flow- Sarah 5PM Restorative Yoga - Pam	8:30AM Posture Fitness- Sarah 8:30AM Circuit 360 - Pam C 8:30AM H.I.I.T. - Wesley 9:30AM Hatha Yoga - Pam 10:30AM Gentle Yoga - Pam 4PM Foam Rolling - Kristen 5PM Spin - Kristen	6:30AM Spin - Tovah 9AM Yoga Stretch - Pam