

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) Schedule published on 7/30/24. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>			<p>1 5:30 HIGH FITNESS--Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p>2 5:30am BODYPUMP®— Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p>3 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p>4 4:15 SUNDAY YOGA—Erin</p>	<p>5 5:30am BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45-Janelle/Sean</p>	<p>6 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 7:00 ZUMBA!--Melissa</p>	<p>7 5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 12:00 SILVER FITNESS--Jan 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p>8 5:30 HIGH FITNESS--Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p>9 5:30am BODYPUMP® - Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p>10 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p>11 4:15 SUNDAY YOGA--Erin</p>	<p>12 5:30 BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Sean/Janelle 6:00 BODYPUMP® 45--Sean/Janelle</p>	<p>13 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 7:00 ZUMBA!--Melissa</p>	<p>14 5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 12:00 SILVER FITNESS--Jan 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p>15 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p>16 5:30am BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p>17 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p>18 4:15 SUNDAY YOGA—Erin</p>	<p>19 5:30 BARBELL STRENGTH-Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00 BODYPUMP® 45--Janelle/Sean</p>	<p>20 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 7:00 ZUMBA!--Berta</p>	<p>21 5:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 12:00 SILVER FITNESS--Jan 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p>22 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP®—Rock 10:30 SILVER FITNESS--Jan 5:15 SPRINT™ --Sean/Janelle 6:00 BODYPUMP® —Sean/Janelle</p>	<p>23 5:30am BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p>24 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>
<p>25 4:15 SUNDAY YOGA—Erin</p>	<p>26 5:30 BARBELL STRENGTH--Ali 8:00 SILVER CHALLENGE--Jan 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Tommi 5:15 SPRINT™--Janelle/Sean 6:00BODYPUMP® 45--Janelle/Sean</p>	<p>27 5:30 HIGH FITNESS-Ali 9:00 BODYPUMP® —Rock 10:30 SILVER FITNESS--Jan 11:30 SILVER YOGA--Jan 7:00 ZUMBA!--Berta</p>	<p>285:30 BODYPUMP®—Tommi 8:00 SILVER CHALLENGE--Jan 9:00 BODYPUMP®—Rock 10:15 ZUMBA!--Kate 12:00 SILVER FITNESS--Jan 4:15 BARRE/PILATES FUSION 45 --Kristina 5:30 BODYCOMBAT®--Janelle</p>	<p>29 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>30 5:30am BODYPUMP® --Stephanie 9:00 BODYCOMBAT®--Tommi 10:15 BODYPUMP®--Ely</p>	<p>31 8:15 BODYCOMBAT® — Janelle 9:30 BODYPUMP® —Janelle/Sean 11:00 SILVER FITNESS- Jan</p>

AUGUST 2024

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 7/30/24. Check the app or call any Service Desk at 779-4593 for most up to date information.</p>			<p>1</p> <p>6:00 PILATES--Richard 9:00 WISDOM YOGA--Jan 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana</p>	<p>2</p> <p>9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>3</p> <p>8:15 RPM™--Sean 9:30 PILATES--Richard</p>
4	<p>5</p> <p>9:00 WISDOM YOGA--Wendy</p>	<p>6</p> <p>6:00 PILATES--Richard 9:00 PILATES FUSION--Jan 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™ --Darrin 6:15 YOGA/PILATES FUSION --Kristina</p>	<p>7</p> <p>9:00 WISDOM YOGA--Wendy</p>	<p>8</p> <p>6:00 PILATES--Richard 9:00 WISDOM YOGA--Jan 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana</p>	<p>9</p> <p>9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>10</p> <p>8:15 RPM™--Sean 9:30 PILATES--Angie A</p>
11	<p>12</p> <p>9:00 WISDOM YOGA--Wendy</p>	<p>13</p> <p>6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™-- Angie R 6:15 YOGA/PILATES FUSION --Kristina</p>	<p>14</p> <p>9:00 WISDOM YOGA--Wendy</p>	<p>15</p> <p>6:00 PILATES--Richard 9:00 WISDOM YOGA--Jan 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana</p>	<p>16</p> <p>9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 5:30 pm RPM--Angie R</p>	<p>17</p> <p>8:15 RPM™--Angie R/Sean 9:30 PILATES--Richard</p>
18	<p>19</p> <p>9:00 WISDOM YOGA--Wendy</p>	<p>20</p> <p>6:00 PILATES--Richard 9:00 PILATES FUSION-- Jan 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™--Angie R 6:15 YOGA/PILATES FUSION --Kristina</p>	<p>21</p> <p>9:00 WISDOM YOGA--Wendy</p>	<p>22</p> <p>6:00 PILATES--Richard 9:00 WISDOM YOGA--Jan 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana</p>	<p>23</p> <p>9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 5:30 pm RPM--Sean</p>	<p>24</p> <p>8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard</p>
25	<p>26</p> <p>9:00 WISDOM YOGA--Wendy</p>	<p>27</p> <p>6:00 PILATES--Carly 9:00 PILATES FUSION-- Jan 1:30 LUNCHTIME YOGA--Tatiana 5:15 RPM™--Angie R 6:15 YOGA/PILATES FUSION --Kristina</p>	<p>28</p> <p>9:00 WISDOM YOGA--Wendy</p>	<p>29</p> <p>6:00 PILATES--tbd 9:00 WISDOM YOGA--Jan 1:30 LUNCHTIME YOGA--Tatiana 6:15 EVENING YOGA--Tatiana</p>	<p>30</p> <p>9:00 YIN YOGA--Jan 10:15 PILATES FUSION--Jan 5:30 pm FRIDAY FULL PSYCLE --Darrin</p>	<p>31</p> <p>8:15 RPM™--Sean/Angie R 9:30 PILATES--Richard</p>

AUGUST 2024

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 7/30/24. Check the app or call any Service Desk at 526-8652 for most up to date information. *Class held at Indoor Pool ***Class held in Outdoor Pool</p>			<p>1 7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT@--Nicole 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--Jules 7:00 ZUMBA!--Melissa</p>	<p>2 8:45 AQUA B.A.S.I.C.45***--Richard 9:00 BODYPUMP --Jules 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>3 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Mickella 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>4 9:00 BODYCOMBAT@ --- Ely 10:15 BODYPUMP@ --Ely 2:45 BODYBALANCE--Ely 4:00 ZUMBA!--Melissa</p>	<p>5 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--Jan 3:30 FLEX-ABILITY+CORE--Julie 5:30 ZUMBA!--Mickella</p>	<p>6 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP@--Ely 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE 100's--Angie A 6:00 BODYPUMP® 45--Ely 7:00 BODYBALANCE 30--Ely</p>	<p>7 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--Michael 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p>8 7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT@--Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!--Melissa</p>	<p>9 8:45 AQUA B.A.S.I.C.45***--Richard 9:00 BODYPUMP--Kerry 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>10 8:15 YOGA/PILATES FUSION --Kristina 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>11 9:00 BODYCOMBAT@ --- Ely 10:15 BODYPUMP--Ely 2:45 BODYBALANCE--Angie R 4:00 ZUMBA!--Melissa</p>	<p>12 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 5:30 ZUMBA!-- Mickella</p>	<p>13 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 7:00 BODYBALANCE 30--Ely</p>	<p>14 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 5:30 EVENING YOGA--Tatiana</p>	<p>15 7:45 FLEX-ABILITY+CORE--Julie 9:00 BODYCOMBAT@--Nicole 9:00 POOLATES*--Julie 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!--Melissa</p>	<p>16 8:45 AQUA B.A.S.I.C.45***--Richard 9:00 BODYPUMP-Back To School Special --Angie R/Jules 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>17 8:15 UNWIND YOGA--Carol 9:30 LM DANCE--Jules 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>18 9:00 BODYCOMBAT@ --- Ely 10:15 BODYPUMP@ --Ely 2:45 BODYBALANCE--Angie R 4:00 ZUMBA!--Mickella</p>	<p>19 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 5:30 ZUMBA!--Mickella</p>	<p>20 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 7:00 BODYBALANCE 30--Ely</p>	<p>21 5:30 GRIT™ Strength--Kristi 8:30 STEP--Laurie 10:00 AQUA B.A.S.I.C. 45*--Julie 10:00 BEG STEP--Laurie 11:00 M & S 50--Julie 12:15 LUNCHTIME YOGA--Carol 3:30 FLEX-ABILITY+CORE--Julie 5:30 EVENING YOGA--Tatiana</p>	<p>22 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYCOMBAT@--Nicole 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Ely 7:00 ZUMBA!--Berta</p>	<p>23 8:45 AQUA B.A.S.I.C.45***--Richard 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>24 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie</p>
<p>25 9:00 BODYCOMBAT@ --- Ely 10:15 BODYPUMP@ --Ely 2:45 SOULFUSION--Angie A 4:00 ZUMBA!--Mickella</p>	<p>26 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 5:30 ZUMBA!--Mickella</p>	<p>27 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYPUMP@--Ely 10:45 SilverSneakers® CLASSIC --Julie 12:15 LUNCHTIME YOGA--Michael 4:45 STARRE--Angie A 6:00 BODYPUMP® 45--Ely 7:00 BODYBALANCE 30--Ely</p>	<p>28 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 5:30 EVENING YOGA--Tatiana</p>	<p>29 7:45 FLEX-ABILITY+CORE--Julie 9:00 POOLATES*--Julie 9:00 BODYCOMBAT@--Nicole 10:45 SilverSneakers® CLASSIC--Julie 12:15 LUNCHTIME YOGA--Michael 4:45 BARRE FUSION--Angie A 6:00 BODYPUMP® 45--Jules 7:00 ZUMBA!--Berta</p>	<p>30 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>31 8:15 UNWIND YOGA--Carol 9:30 ZUMBA!--Kate 10:45 FLEX-ABILITY+CORE--Julie</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 8/6/24. Check the app or call any Service Desk at 526-8652 for most up to date information.</p>			1 5:30am CYCLEFIT--Rochelle 7:30 BODYBALANCE--Tommi 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	2 9:00 ADVANCED TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!-- Kate	3
4	5 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	6 5:30am CYCLEFIT--Rochelle 9:15 CYCLING--Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:00 BODYCOMBAT®--Nicole	7 9:00 TRX FULL BODY TRAINING --Robb 10:00 RPM--Ely 11:00 LES MILLS DANCE® --Jules	8 5:30am CYCLEFIT--Rochelle 7:30 BODYBALANCE--Tommi 9:15 CYCLING--Laurie 10:45 MOVE ‘n GROOVE --Laurie	9 9:00 ADVANCED TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	10
11	12 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	13 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie 5:00 BODYCOMBAT®--Nicole	14 9:00 TRX FULL BODY TRAINING --Robb 10:00 RPM--Ely 11:00 LES MILLS DANCE® --Jules	15 5:30am CYCLEFIT--Rochelle 7:30 BODYBALANCE--Tommi 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	16 9:00 ADVANCED TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	17
18	19 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	20 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 5:00 BODYCOMBAT®--Nicole	21 9:00 TRX FULL BODY TRAINING --Robb 10:00 RPM--Ely 11:00 LES MILLS DANCE® -- Jules	22 5:30am CYCLEFIT--Rochelle 7:30 BODYBALANCE--Tommi 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	23 9:00 ADVANCED TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	24
25	26 9:00 TRX FULL BODY TRAINING --Robb 5:30pm PILATES--Richard	27 5:30am CYCLEFIT--Rochelle 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Carol 5:00 BODYCOMBAT®--Nicole	28 9:00 TRX FULL BODY TRAINING --Robb 10:00 RPM--Ely 11:00LES MILLS DANCE® --Jules	29 5:30am CYCLEFIT--Rochelle 7:30 BODYBALANCE--Tommi 9:15 CYCLING—Laurie 10:45 MOVE ‘n GROOVE--Laurie	30 9:00 ADVANCED TRX FULL BODY TRAINING--Robb 10:15 ZUMBA!--Kate	31