

May 2024 CLASS SCHEDULE

\$82.50/month or \$10 daily drop in!

TIME	SUN	MON	TUES	WED	THURS	FRI	SAT
8:00am - 9:00 ish		MUSCLE MONDAY (Strength, Closed 5/27)				KICKBOXING	
8:00am-9:15am				BARRE/STRENGTH			SATURDAY SHOWDOWN (No class 5/11 and 5/25 TBD)
9:00am - 10:00am					TOTAL BODY THURSDAY (Cardio Strength)		
9:15am - 10:15am			UNLEASH YOUR BEAST (Boot Camp 5/14 and 5/28)				
4:30pm - 5:30pm		VIRTUAL CLASS at gym	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym	VIRTUAL CLASS at gym		
5:45pm - 6:45pm		YOGA with Kristy (Closed 5/27)					