


strength & toning

MONTHLY CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1 BODYPUMP Humberto 10:45-11:45 am (G2)
2 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	3 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	4 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	5 Senior Fun & Fit Kerri 8:45-9:30 am (G2) Senior Circuit Kerri 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	6 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Katya 10:15-11:15 am (G2)	7 BODYPUMP Alyssa 10:00-11:00 am (G2)	8 BODYPUMP Humberto 10:45-11:45 am (G2)
9 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	10 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	11 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	12 Senior Fun & Fit Kerri 8:45-9:30 am (G2) Senior Circuit Kerri 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	13 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Amber 10:15-11:15 am (G2)	14 BODYPUMP Katya 10:00-11:00 am (G2)	15 BODYPUMP Humberto 10:45-11:45 am (G2)
16 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Humberto 7:00-8:00 pm (G2)	17 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm (G2)	18 BODYPUMP Yvonne 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am (G2) SS Classic Margaret 11:00-11:45 am (Y1) BODYPUMP Sandy 5:15-6:00 pm (G2)	19 Senior Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	20 BODYPUMP Naomi 5:30-6:30 am (G2) BODYPUMP Humberto 10:15-11:15 am (G2)	21 BODYPUMP Alyssa 10:00-11:00 am (G2)	22 BODYPUMP Yvonne 10:45-11:45 am (G2)
23 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Naomi 9:00-10:00 am (G2) BODYPUMP Claire 7:00-8:00 pm (G2) 30 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Amber 9:00-10:00 am BODYPUMP Katya 7:00-8:00 pm (G2)	24 Senior Fun & Fit Kerri 8:45-9:30 am (G2) Senior Circuit Kerri 9:45-10:30 am (G2) BODYPUMP Naomi 12:00-12:45 pm (G2) 31 S.Fun & Fit Kelley 8:45-9:30 am (G2) Senior Circuit Kelley 9:45-10:30 am (G2) BODYPUMP Tammy 12:00-12:45 pm (G2) BODYPUMP Alyssa 4:45-5:45 pm Alyssa	25 	26 Senior Fun & Fit Kerri 8:45-9:30 am (G2) Senior Circuit Kerri 9:45-10:30 am (G2) BODYPUMP Alyssa 12:00-12:45 pm (G2) BODYPUMP Yvonne 4:45-5:45 pm (G2) BODYPUMP Katya 7:00-8:00 pm (G2)	27 BODYPUMP Sandy 5:30-6:30 am (G2) BODYPUMP Claire 10:15-11:15 am (G2)	28 BODYPUMP Katya 10:00-11:00 am (G2)	29 BODYPUMP Sandy 10:45-11:45 am (G2)

PLEASE NOTE: All schedules are posted at the beginning of the month and are subject to change.