

# strength & toning

## MONTHLY CLASS SCHEDULE



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

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