

May



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Follow us on Instagram! Like us on Facebook!</p>						
			<p>8:30 AM HIIT Cycle - Sam 9:30 AM Barre&Sculpt - Hannah</p> <p>6:00 PM Cycle - Jessica 6:00 PM Zumba - Kasi</p> <p style="text-align: right;">1</p>	<p>9:30 AM Pilates - Susan 10:30 AM MusclePump - Peach</p> <p>6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie</p> <p style="text-align: right;">2</p>	<p>5:45 AM Cycle - Heather 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach</p> <p style="text-align: right;">3</p>	<p>9:00 AM CircuitBoxing - Amber 10:00 AM Zumba - Chanel 11:15 AM Yogaflow - Peach</p> <p style="text-align: right;">4</p>
<p>8:30 AM Cycle - Mode'</p> <p style="text-align: right;">5</p>	<p>5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ</p> <p>6:15 PM Cycle - MoDe' 7:00 PM Yoga - Melissa</p> <p style="text-align: right;">6</p>	<p>5:45 AM Cycle - Hannah 8:30 AM Pilates -Susan 9:30 AM Muscle Pump - Russ</p> <p>5:45 PM Zumba- Chris 7:00 PM Pilates- Peach</p> <p style="text-align: right;">7</p>	<p>8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ</p> <p>6:00 PM Cycle - Jessica 6:00 PM Zumba - Kasi</p> <p style="text-align: right;">8</p>	<p>9:30 AM Pilates - Susan 10:30 AM MusclePump- Peach</p> <p>6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie</p> <p style="text-align: right;">9</p>	<p>5:45 AM Cycle - Heather 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach</p> <p style="text-align: right;">10</p>	<p>9:00 AM Amber Attack - Amber 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Peach</p> <p style="text-align: right;">11</p>
<p>8:30 AM Cycle - Mode'</p> <p style="text-align: right;">12</p>	<p>5:30 AM HIITCycle - Sam 8:30 AM Barre TBC - Susan 9:30 AM Step&Sculpt - Russ</p> <p>6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa</p> <p style="text-align: right;">13</p>	<p>5:45 AM Cycle - Hannah 8:30 AM Pilates -Susan 9:30 AM Muscle Pump - Russ</p> <p>5:45 PM Zumba - Chanel 7:00 PM Pilates - Peach</p> <p style="text-align: right;">14</p>	<p>8:30 AM HIIT Cycle - Sam 9:30 AM Step &Sculpt - Russ</p> <p>6:00 PM Cycle-Jessica 6:00 PM Zumba - Kasi</p> <p style="text-align: right;">15</p>	<p>9:30 AM Pilates- Susan 10:30 AM MusclePump- Peach</p> <p>6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie</p> <p style="text-align: right;">16</p>	<p>5:45 AM HIIT Cycle - Heather 8:30 AM HIIT Cycle - No class today 9:30 AM Yogaflow - Peach</p> <p style="text-align: right;">17</p>	<p>9:00 AM CircuitBoxing - Amber 10:00 AM Zumba - Kasi 11:15 AM Yogaflow - Peach</p> <p style="text-align: right;">18</p>
<p>8:30 AM Cycle - Mode'</p> <p style="text-align: right;">19</p>	<p>5:30 AM HIIT Cycle - Sam 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ</p> <p>6:15 PM Cycle - Mode' 7:00 PM Yoga - Melissa</p> <p style="text-align: right;">20</p>	<p>5:45 AM Cycle - Hannah 8:30 AM Pilates -Susan 9:30 AM Muscle Pump- Russ</p> <p>5:45 PM Zumba - Chris 7:00 PM Pilates - Peach</p> <p style="text-align: right;">21</p>	<p>8:30 AM HIIT Cycle -Sam 9:30 AM Step&Sculpt- Russ</p> <p>6:00 PM Cycle - Jessica 6:00 PM Zumba - Kasi</p> <p style="text-align: right;">22</p>	<p>9:30 AM Pilates - Susan 10:30 AM MusclePump - Peach</p> <p>6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie</p> <p style="text-align: right;">23</p>	<p>5:45 AM Cycle - Heather 8:30 AM HIIT Cycle - Sam 9:30 AM Yogaflow - Peach</p> <p style="text-align: right;">24</p>	<p>9:00 AM - No class today! 10:00 AM Zumba - Chris 11:15 AM Yogaflow - Peach</p> <p style="text-align: right;">25</p>
<p>8:30 AM Cycle - MoDe'</p> <p style="text-align: right;">26</p>	<p>5:30 AM HIIT Cycle - No class today! 8:30 AM Barre TBC - Peach 9:30 AM Step&Sculpt - Russ</p> <p>6:15 PM Cycle - Mode' 7:00 PM Yoga - No class tonight</p> <p>Happy Memorial Day!!</p> <p style="text-align: right;">27</p>	<p>5:45 AM Cycle - Hannah 8:30 AM Pilates - Hannah 9:30 AM MusclePump - Russ</p> <p>5:45 PM Zumba - Chanel 7:00 PM Pilates - Peach</p> <p style="text-align: right;">28</p>	<p>8:30 AM HIIT Cycle - Sam 9:30 AM Step&Sculpt - Russ</p> <p>6:00 PM Cycle - Jessica 6:00 PM Zumba - Kasi</p> <p style="text-align: right;">29</p>	<p>9:30 AM Pilates - Peach 10:30 AM MusclePump - Peach</p> <p>6:15 PM Cycle - Mode' 6:45 PM Zumba - Stephanie</p> <p style="text-align: right;">30</p>	<p>5:45 AM Cycle - Heather 8:30 AM HIITCycle - Sam 9:30 AM Yogaflow - Peach</p> <p style="text-align: right;">31</p>	