



	SUN	MON	TUE	WED	THU	FRI	SAT
5³⁰ am		Group Power LINDY		Group Power LINDY		Cycle LINDY	
8³⁰ am							Step/Core KASONDRA
9⁰⁰ am		Warrior Rhythm DEBBIE BodyFit	Group Power CANDACE	Yoga MICHAEL BodyFit	Cycle JENNIFER S.	Yoga MICHAEL BodyFit	FREE CrossFit
9³⁰ am	Yoga CYNTHIA						
10⁰⁰ am							Warrior Rhythm AMY
10¹⁵ am		Cycle DEBBIE	Pilates Fusion JENNIFER H.		Pilates Fusion JENNIFER H.	Warrior Strength JENNIFER S.	
11³⁰ am			 JENNIFER H.		 JENNIFER H.		
4⁰⁰ pm		CrossFit	CrossFit	CrossFit	Mobility & Strength	CrossFit	
5³⁰ pm			Turn Up Dance Fitness KEIKI	Barre Strength MARIANNE	Just Dance KASONDRA	Cardio Kick KASONDRA	
		CrossFit	CrossFit	CrossFit		CrossFit	