

# May 2024 Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 10:30a Fitness 101	<b>2</b> 7:30a Strength 8:30a Strength 5:30p Fitness 101	<b>3</b> 8:30a Functional Flexibility	<b>4</b> 10:15a Core Conditioning
<b>5</b>	<b>6</b> 8:30a Functional Flexibility 5:30p Fitness 101	<b>7</b> 7:30a Strength 8:30a Strength 5:30p Strength	<b>8</b> 10:30a Fitness 101	<b>9</b> 7:30a Strength 8:30a Strength 5:30p Fitness 101	<b>10</b> 8:30a Functional Flexibility	<b>11</b> 10:15a Core Conditioning
<b>12</b>	<b>13</b> 8:30a Functional Flexibility 5:30p Fitness 101	<b>14</b> 7:30a Strength 8:30a Strength 5:30p Strength	<b>15</b> 10:30a Fitness 101	<b>16</b> 7:30a Strength 8:30a Strength 5:30p Fitness 101	<b>17</b> 8:30a Functional Flexibility	<b>18</b> 10:15a Core Conditioning
<b>19</b>	<b>20</b> 8:30a Functional Flexibility 5:30p Fitness 101	<b>21</b> 7:30a Strength 8:30a Strength 5:30p Strength	<b>22</b> 10:30a Fitness 101	<b>23</b> 7:30a Strength 8:30a Strength 5:30p Fitness 101	<b>24</b> 8:30a Functional Flexibility	<b>25</b> <b>No classes today.</b>
<b>26</b>	<b>27</b> <b>Happy Memorial Day! No classes.</b>	<b>28</b> 7:30a Strength 8:30a Strength 5:30p Strength	<b>29</b> 10:30a Fitness 101	<b>30</b> 7:30a Strength 8:30a Strength 5:30p Fitness 101	<b>31</b> 8:30a Functional Flexibility	

# May 2024 Semi-Privates

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p Pilates	2 9:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	3 6:30a Strength 9:30a Pilates 11:15a Pilates	4 8:25a Pilates 9:15a Pilates
5	6 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	7 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	8 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:30p Pilates	9 9:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	10 6:30a Strength 9:30a Pilates 11:15a Pilates	11 9:15a Pilates
12	13 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	14 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	15 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p Pilates	16 9:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	17 6:30a Strength 9:30a Pilates 11:15a Pilates	18 8:25a Pilates 9:15a Pilates
19	20 9:30a Pilates 10:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	21 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	22 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p Pilates	23 9:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	24 6:30a Strength 9:30a Pilates 11:15a Pilates	25 <b>No semi-privates today.</b>
26	27 <b>Happy Memorial Day! No classes.</b>	28 8:30a Pilates 9:30a Pilates 4p Strength 4:45p Pilates 5:35p Pilates	29 6:30a Strength 7:45a Pilates 10:30a Pilates 11:30a Pilates 4:45p Pilates	30 9:30a Pilates 4:30p Strength 4:45p Pilates 5:35p Pilates	31 6:30a Strength 9:30a Pilates 11:15a Pilates	