

MAY GROUP FITNESS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <u>Cardio Fit</u> 6-7pm	2 <u>Yoga 6-7pm</u>	3 <u>Step Interval</u> 6-7pm	4 <u>Barre 6-7pm</u> <u>Strength &</u> <u>Tone 6-7pm</u>	5	6
7	8 <u>Cardio Fit</u> 6-7pm	9 <u>Yoga 6-7pm</u>	10 <u>Step Interval</u> 6-7pm	11 <u>Barre 6-7pm</u> <u>Strength &</u> <u>Tone 6-7pm</u>	12	13
14	15 <u>Cardio Fit</u> 6-7pm	16 <u>Yoga 6-7pm</u>	17 <u>Step Interval</u> 6-7pm	18 <u>Barre 6-7pm</u> <u>Strength &</u> <u>Tone 6-7pm</u>	19	20
21	22 <u>Cardio Fit</u> 6-7pm	23 <u>Yoga 6-7pm</u>	24 <u>Step Interval</u> 6-7pm	25 <u>Barre 6-7pm</u> <u>Strength &</u> <u>Tone 6-7pm</u>	26	27
28	29 <u>Cardio Fit</u> 6-7pm	30 <u>Yoga 6-7pm</u>	31 <u>Step Interval</u> 6-7pm			