

Monday	Tuesday	Wednesday	Thursday
13	14	15	16
8:15 AM - Cross Fitness Plus (1hr15min) Desi	8:15 AM - KBX Danielle	8:15 AM - KM 1 JESSE/	8:15 AM - Strength Kettelbell Vince
9:15AM - cycling Danielle	9:30 AM - KM 1 HENRY/Juan	9:00 AM -STW Fury Brian	9:30 - STW Fury Desi
9:30 - KM 1 JESSE/Juan	9:30 AM - Cross Fitness Plus Paige	9:30 AM - Dance Fit Davida	9:30 AM - KM 1 Henry Desi
6:00 PM - Cardio Kickboxing Edie	12:00 PM- Power Lunch Paige	5:30 PM - KBX Danielle/Rosa	12:00 PM - Power Lunch
6:00 PM - Cardio Bag Paige	5:45 PM - Cross Fitness Plus (75minutes) Danielle/paige	6:00 PM - ANAO Pete	6:00 PM - Cardio Kickboxing Donna
7:00 - Dance Fit Davida	6:30 PM - F2F Richie	6:30 PM - KM1 Art/Andres	6:00 PM - Cardio Bag Art
7:00 - Cardio Bag Art	6:30 PM - Cardio Bag Art	7:15 PM - Cardio Bag Art	7:00 PM - KM 1 Brad/Veronica
7:15 PM - KM 1 Brad	7:30 PM - KM 1 RAY/Nick	7:15 PM - Strength Kettle Bell Brian	
7:15 PM - Cycling Brian	7:30 PM - Strength Training Danielle		
20	21	22	23
8:15 AM - Cross Fitness Plus (1hr15min) Desi	8:15 AM - KBX Paige	8:15 AM - KM 1 JESSE/	8:15 AM - Strength Kettelbell Vince
9:15AM - cycling Danielle	9:30 AM - KM 1 PETE/Juan	9:00 AM -STW Fury Paige	9:30 - STW Fury Danielle
9:30 - KM 1 CHRIS P./Juan	9:30 AM - Cross Fitness Plus Paige	9:30 AM - Dance Fit Davida	9:30 AM - KM 1 JESSE/
6:00 PM - Cardio Kickboxing Bridget	12:00 PM - Power Lunch Desi	5:30 PM - KBX Danielle/Rosa	12:00 PM - Power Lunch Paige
6:00 PM - Cardio Bag Desi	5:45 PM - Cross Fitness Pluss (75minutes) Bridget/S-joe	6:00 PM - ANAO PETE	6:00 PM - Cardio Kickboxing Bridget
7:00 - Dance Fit Davida	6:30 PM - F2F Richie	6:30 PM - KM1 Roger	6:00 PM - Cardio Bag Roger
7:00 - Cardio Bag Paige	6:30 PM - Cardio Bag Roger	7:15 PM - Cardio Bag Bridget	7:00 PM - KM 1 Ray
7:15 PM - KM 1 ALEX/Juan	7:30 PM - KM 1 ART/Nick	7:15 PM - Strength Kettle Bell Brian	
7:15 PM - Cycling Bridget	7:30 PM - Strength Training Brian		

Friday		Saturday	
17		18	
8:15 AM - KM1	JESSE/Yvette	8:15 AM - Cycling	Yvette
9:30 AM - Cardio Kickboxing	Pete/S-Yvette	9:30 AM - KM1	Chris V /Veronica
12:00-Strength Training	Danielle	9:30 AM - Cross Fitness	Danielle
4:30 PM - STW Fury	Paige	10:45 AM - Cardio Bag	Chris V
		11:45 AM - KBX	Brian
24		25	
8:15 AM - KM1	Alex/Juan	8:15 AM - Cycling	Danielle
9:30 AM - Cardio Kickboxing	Pete/S-Yvette	9:30 AM - KM1	PETE
12:00-Strength Training	Yvette	9:30 AM - Cross Fitness	Ivonne
4:30 PM - STW Fury	Desi (Yvette)	10:45 AM - Cardio Bag	Art
		11:45 AM - KBX	Brian