

Monday	Tuesday	Wednesday	Thursday
13	14	15	16
8:30 am KM1 CHRIS P./	8:30 am STW Fury Vince	8:30 am Cardio Bag Rube	8:30 am Strength Kettle Bell Paige
9:45 am KBX Henry	10:00am Cross Fitness Desi/30-Yvette	11:00am Cross Fitness Danielle	10:00am Cross Fitness Plus Paige
11:00am Cross Fitness Desi	12:00pm Strength Kettle bell Vince	12:00pm KM 1 & 2 MARC	11:00am Fitness Kickboxing danielle
12:00pm Cardio Bag Henry	4:30pm Strength Training Vince	5:30pm Cardio Bag Bridget	12:00pm KM 2 & 3 Henry
4:30pm Crossfitness Plush Rube	5:45pm Strength Training Donna	6:00pm KM 4-5 Brad	
5:45pm Cardio Bag Pete	5:45 - Cycling Herb	6:45pm Cross Fitness Plus Vega	6:00pm Yoga & pilates elise
6:00pm Yoga Kathy	6:00pm Cardio Bag Bridget	6:30pm Cardio Kickboxing Donna	6:00pm Power Cycling Herb
6:15pm F2F Arnold	6:00pm KM 1 MARC/Juan	7:00pm KM 2 & 3 Bridget	6:00pm ANAO Pete
6:15pm Kickboxing Bridget	7:00pm Cycling Robbie	7:30pm Strength Training Robbie	6:15pm Cardio Bag Arnold
7:00pm Cardio Bag Rube	7:00pm KM3 Pete	7:30pm KM 1 ROGER/Marisa	6:30pm KM1 Bridget/Daniel
7:30pm KM 1 VEGA/Arnold	7:15pm KM 2 Bridget		7:30pm Strength Kettle Bell Brian
7:30pm KM 2,3,4 Ground Roger	7:15pm Cardio Bag Roger		7:30pm F2F Roger
7:30pm Strength Kettlebell Bridget	7:30pm KBX Brian		7:30pm Cross Fitness Plus ALEX
			7:30pm Fitness Kickboxing danielle
20	21	22	23
8:30am KM1 Rube	8:30 am STW Fury Danielle (Yvette)	8:30 am Cardio Bag Rube	8:30 am Strength Kettle Bell Steve
9:45am KBX Paige			10:00am Cross Fitness Plus Desi/yvette
11:00am Cross Fitness Desi	10:00am Cross Fitness Desi	11:00am Cross Fitness Danielle	11:00am Fitness Kickboxing Yvette
12:00pm Cardio Bag Rachel	12:00pm Kettle bell Steve	12:00pm KM 1 & 2 RACHEL	12:00pm KM 2 & 3 Brad
4:30pm Crossfitness Plus Rube/20 minutes -Yvette	4:30pm Strength Training Danielle		6:00pm Yoga & pilates Elise
5:45pm Cardio Bag Vega	5:45pm Strength Training Donna	5:30pm Cardio Bag Art	6:00pm Cycling Robbie
6:00pm Yoga Kathy	5:45pm Cycling Robbie	6:00pm KM 4-5 Jen	6:00pm ANAO Pete
6:15pm F2F Henry	6:00pm Cardio Bag Pete	6:45pm Cross Fitness Plus Vega	6:15pm Cardio Bag Edie
6:15pm Kickboxing Edie	6:00pm KM 1 JEN/Ray	6:30pm Kickboxing Donna	6:30pm KM1 ARNOLD/Art
7:00pm Cardio Bag Roger	7:00pm Cycling Herb	7:00pm KM 2 & 3 Henry	
7:30pm KM 1 ART/Edie	7:00pm KM3 Henry	7:30pm Strength Training Art	7:30pm Kettle Bell Donna
7:30pm KM 2,3,4 Ground Brad	7:15pm KM 2 Ray	7:30pm KM 1 DONNA/Marisa	7:30pm F2F Arnold
7:30pm Kettlebell Henry	7:15pm Cardio Bag/ Paige		7:30pm Cross Fitness Plus Art

7:30pm KBX

Danielle

7:30pm Fitness  
Kickboxing

Danielle

Friday	Saturday
17	18
8:30am Cycling     Brian 9:30 am Cardio Bag Rube 10:30am KM 1 & 2    ALEX 12:00pm Strength Training     Desi (Steve - 3 body parts) 4:30pm Fitness Kickboxing     yvette	<p style="text-align: center;"><b>CLASSES CANCELLED FOR 10 YEAR ANNIVERSARY CELEBRATION! Mini Intro classes to be announced!</b></p> 9:00 AM LEVEL 2 Test     Henry
<b>10 Year Anniversary Celebration!!!</b>	
24	25
8:30am Cycling     Danielle 9:30am Cardio Bag Edie 10:30am KM 1 & 2    ALEX 12:00pm Strength Training     Ivonne 4:30pm Fitness Kickboxing     Danielle	9:30am Strength Kettle Bell     Vince 10:00am Cardio Bag     Alex 10:30am KM 1     RUBE/Daniel 10:30am KM 2 & 3     Vega  10:30am Pwr Yoga/Pilates     Elise 11:30am Kickboxing Xtreme     Alex 11:45am Cardio Bag     Vega

