

May Group Fitness Schedule

4/28 /2024-5/25/2024

Class Key:	Low Intensity	Low-Medium Intensity	Medium Intensity		Med-High Intensity	High Intensity
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 a.m.	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
8:00 a.m.	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
	"RIDE" Cycling Studio Jacki		"RIDE" Cycling Studio Jacki		"SPIN" Cycling Studio Renea	
8:45 a.m.				 Cycling Studio Luisa		
9:00 a. m.	FITnWELL		FITnWELL		FITnWELL	CrossFit
	R.E.P.S. Studio 1 Sherry		"R.E.P.S." Studio 1 Sherry		"R.E.P.S." Studio 1 Sherry	
9:30 a.m.	 "30" Studio 1 Jacki		 "30" Studio 1 Jacki			
12:00 p.m.	Zumba Studio 1 Krystal	 Cycling Studio Luisa	Boot Camp Gym Shirley		Pilates Mat Cycling Studio Amy	
	Boot Camp Gym Shirley		"Steppin' It" Studio 1 Colleen	Abs and Glutes Studio 1 Krystal	"Steppin'It" 5/10 & 5/24 w/Colleen	
		Total Body Sculpt GYM Alexis			Total Body Sculpt GYM Alexis	"Raise The Bar" 5/3-5/17 & 5/31 w/Adrienne Studio 1
CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
5:15p.m.	CrossFit	CrossFit	CrossFit	CrossFit		
5:30p.m.	YOGALATES Cycling Studio Renea	MIXXEDFIT Cycling Studio Cheryl	MIXXEDFIT Studio 1 Cheryl	Zumba Cycling Studio Krystal		
	"Steppin' It" Studio 1 Colleen	"Raise The Bar" Studio 1 Adrienne		"Raise The Bar" Studio 1 Adrienne		
			"Crunch & Burn" Cycling Studio Krystal			
7:15p.m.	Dancehall Fitness Studio 1 Krystal					

