




| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|--|---|---|--|--|---|--|
|  | | | | Gym Schedule (unless otherwise noted) Mon-Thurs: 6am-8pm Friday: 6am-7pm Saturday: 8am-1pm Sunday: CLOSED **Add'l charge for Bootcamps | | 8:00am PiYo-Meredith 9:00am Spin-Jessi T 10:00am X-Core Boot Camp** | T 8:30am X-Core Boot Camp** 9:00am RIPPED -Jill 10:15am Fight Club - Andie  |
| | | | | | | 1 | 2 |
| 3 | Gym Hours 8-12 9:30am Gym-Wide Workout Join us for a Gym-Wide Workout! All levels welcome! | 4 | 5 | 6 | 7 | 8 | 9 |
|  | | T 6:00am X-Core Boot Camp** 8:45am Body Ballet Burn-Natalie 9:30am RIPPED-Jill T 12:00pm X-Core Boot Camp** T 6:30pm X-Core Boot Camp** 7:00pm Studio Barre Mixx-Lisa | 8:00am PiYo-Meredith 9:30am Club Vibe-Jill T 9:30am X-Core Boot Camp** T 6:30pm X-Core Boot Camp** 6:30pm HIIT Boxing - Andie | T 6:00am X-Core Boot Camp** 9:30am RIPPED-Jill 10:30am Body Chisel-Chad 5:30pm MOVE/Booty Works-Julian T 6:30pm X-Core Boot Camp** 6:30pm Deep Stretch-Marie-Anne | 8:00am PiYo-Meredith 9:00am Spin-Jessi T 10:00am X-Core Boot Camp** | T 8:30am X-Core Boot Camp** 9:00am RIPPED -Jill 10:15am Fight Club - Andie | |
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | 9:30am Club Vibe-Jill T 9:30am X-Core Boot Camp** 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Boot Camp** 7:00pm Yoga-Marie-Anne | T 6:00am X-Core Boot Camp** 8:45am Body Ballet Burn-Natalie 9:30am RIPPED-Jill T 12:00pm X-Core Boot Camp** T 6:30pm X-Core Boot Camp** 7:00pm Studio Barre Mixx-Lisa | 8:00am PiYo-Meredith 9:30am Club Vibe-Jill T 9:30am X-Core Boot Camp** T 6:30pm X-Core Boot Camp** 6:30pm HIIT Boxing - Andie | T 6:00am X-Core Boot Camp** 9:30am RIPPED-Jill 10:30am Body Chisel-Chad 5:30pm MOVE/Booty Works-Julian T 6:30pm X-Core Boot Camp** 6:30pm Deep Stretch-Marie-Anne | 8:00am PiYo-Meredith 9:00am Spin-Jessi T 10:00am X-Core Boot Camp** | T 8:30am X-Core Boot Camp** Farmer's Market location! 9:00am TurboKick-Meredith 10:15am Fight Club - Andie |
| | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | | 9:30am Club Vibe-Jill T 9:30am X-Core Boot Camp** 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Boot Camp** 7:00pm Yoga-Marie-Anne | T 6:00am X-Core Boot Camp** 8:45am Body Ballet Burn-Natalie 9:30am RIPPED-Jill T 12:00pm X-Core Boot Camp** T 6:30pm X-Core Boot Camp** 7:00pm Studio Barre Mixx-Lisa | 8:00am PiYo-Meredith 9:30am Club Vibe-Jill T 9:30am X-Core Boot Camp** T 6:30pm X-Core Boot Camp** 6:30pm HIIT Boxing - Andie | T 6:00am X-Core Boot Camp** 9:30am RIPPED-Jill 10:30am Body Chisel-Chad 5:30pm MOVE/Booty Works-Julian T 6:30pm X-Core Boot Camp** 6:30pm Deep Stretch-Marie-Anne | 8:00am PiYo-Meredith 9:00am Spin-Jessi T 10:00am X-Core Boot Camp** | T 8:30am X-Core Boot Camp** 9:00am RIPPED -Jill 10:15am Fight Club - Andie |
| | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | 9:30am Club Vibe-Jill T 9:30am X-Core Boot Camp** 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Boot Camp** 7:00pm Yoga-Marie-Anne | T 6:00am X-Core Boot Camp** 8:45am Body Ballet Burn-Natalie 9:30am RIPPED-Jill T 12:00pm X-Core Boot Camp** T 6:30pm X-Core Boot Camp** 7:00pm Studio Barre Mixx-Lisa | 8:00am PiYo-Meredith 9:30am Club Vibe-Jill T 9:30am X-Core Boot Camp** T 6:30pm X-Core Boot Camp** 6:30pm HIIT Boxing - Andie | T 6:00am X-Core Boot Camp** 9:30am RIPPED-Jill 10:30am Body Chisel-Chad 5:30pm MOVE/Booty Works-Julian T 6:30pm X-Core Boot Camp** 6:30pm Deep Stretch-Marie-Anne | 8:00am PiYo-Meredith 9:00am Spin-Jessi T 10:00am X-Core Boot Camp** | T 8:30am X-Core Boot Camp** 9:00am RIPPED -Jill 10:15am Fight Club - Andie |