

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
 <p>Spin with Jessi Fridays 9:00am</p>	9:00am R.I.P.P.E.D.-Jill	8:00am PiYo-Meredith	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 8:30am X-Core Boot Camp**	
	9:30am Club Vibe-Jill	T 6:30pm X-Core Cross Training*	T 9:30am X-Core Cross Training*	9:00am R.I.P.P.E.D.-Jill	9:00am Spin-Jessi	9:00am R.I.P.P.E.D.-Jill
	T 9:30am X-Core Cross Training*	7:00pm Studio Barre Mixx-Lisa	6:30pm HIIT Boxing - Andie	T 6:30pm X-Core Cross Training*	T 9:30am X-Core Cross Training*	10:15am Fight Club - Andie
	5:30pm Muscle Mania-Mizelle			6:30pm Deep Stretch-Marie-Anne		
	T 6:30pm X-Core Cross Training*					
	6:45pm PiYo/TurboKick-Meredith					
8	9	10	11	12	13	14
<p>R.I.P.P.E.D. is moving back to 9:00am Tuesdays &amp; Thursdays!! New Yoga &amp; Body Chisel times!!</p>	8:00am Body Chisel-Chad	9:00am R.I.P.P.E.D.-Jill	8:00am PiYo-Meredith	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 8:30am X-Core Boot Camp**
	9:30am Club Vibe-Jill	T 6:30pm X-Core Cross Training*	T 9:30am X-Core Cross Training*	9:00am R.I.P.P.E.D.-Jill	9:00am Spin-Jessi	9:00am R.I.P.P.E.D.-Jill
	T 9:30am X-Core Cross Training*	7:00pm Studio Barre Mixx-Lisa	6:30pm HIIT Boxing - Andie	T 6:30pm X-Core Cross Training*	T 9:30am X-Core Cross Training*	10:15am Fight Club - Andie
	5:30pm Muscle Mania-Mizelle			6:30pm Deep Stretch-Marie-Anne		
	T 6:30pm X-Core Cross Training*					
	7:00pm Yoga-Marie-Anne					
15	16	17	18	19	20	21
	9:00am R.I.P.P.E.D.-Jill	8:00am PiYo-Meredith	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 8:30am X-Core Boot Camp**	
	9:30am Club Vibe-Jill	T 6:30pm X-Core Cross Training*	T 9:30am X-Core Cross Training*	9:00am TurboKick-Meredith	9:00am Spin-Jessi	Farmer's Market location!
	T 9:30am X-Core Cross Training*	7:00pm Studio Barre Mixx-Lisa	6:30pm HIIT Boxing - Andie	5:30pm PiYo/TurboKick-Meredith	T 9:30am X-Core Cross Training*	9:00am R.I.P.P.E.D.-Jill
	5:30pm Muscle Mania-Mizelle			T 6:30pm X-Core Cross Training*		10:15am Fight Club - Andie
	T 6:30pm X-Core Cross Training*			6:30pm Deep Stretch-Marie-Anne		
	7:00pm Yoga-Marie-Anne					
22	23	24	25	26	27	28
<p>Please join us this Friday and Saturday as we celebrate 10 years!! Details to come!</p>	8:00am Body Chisel-Chad	9:00am R.I.P.P.E.D.-Jill	8:00am PiYo-Meredith	T 6:00am X-Core Cross Training*	8:00am PiYo-Meredith	T 8:30am X-Core Boot Camp**
	9:30am Club Vibe-Jill	T 6:30pm X-Core Cross Training*	T 9:30am X-Core Cross Training*	9:00am R.I.P.P.E.D.-Jill	9:00am Spin-Jessi	9:00am R.I.P.P.E.D.-Jill
	T 9:30am X-Core Cross Training*	7:00pm Studio Barre Mixx-Lisa	6:30pm HIIT Boxing - Andie	5:30pm PiYo/TurboKick-Meredith	T 9:30am X-Core Cross Training*	10:15am Fight Club - Andie
	5:30pm Muscle Mania-Mizelle			T 6:30pm X-Core Cross Training*		
	T 6:30pm X-Core Cross Training*			6:30pm Deep Stretch-Marie-Anne		
	7:00pm Yoga-Marie-Anne					
						
29	30	31				
<p><b>Gym Schedule</b></p> <p>(unless otherwise noted)  Mon-Thurs: 6am-8pm  Friday: 6am-7pm  Saturday: 8am-1pm  Sunday: CLOSED</p> <p>*Add'l charge for X-Core</p>	9:00am R.I.P.P.E.D.-Jill		 			
	9:30am Club Vibe-Jill	T 6:30pm X-Core Cross Training*				
	T 9:30am X-Core Cross Training*	7:00pm Studio Barre Mixx-Lisa				
	5:30pm Muscle Mania-Mizelle					
	T 6:30pm X-Core Cross Training*					
	7:00pm Yoga-Marie-Anne					