

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1	2	3	4	5	
<h1>May</h1>		T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill T 6:30pm X-Core Cross Training* 7:00pm Studio Barre Mix - Lisa	8:00am PiYo-Meredith T 9:30am X-Core Cross Training* 6:30pm HIIT Boxing - Andie	T 6:00am X-Core Cross Training* 9:00am Special Class 5:00pm Body Chisel-Chad T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne	8:00am PiYo-Meredith T 9:30am X-Core Cross Training*	T 8:30am X-Core Boot Camp** 9:00am Special Class 10:15am Fight Club - Andie	
	6	7	8	9	10	11	
		8:00am Body Chisel-Chad 9:30am Club Vibe-Jill	T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill	8:00am PiYo-Meredith T 9:30am X-Core Cross Training*	T 6:00am X-Core Cross Training* 9:00am Special Class	8:00am PiYo-Meredith T 9:30am X-Core Cross Training*	T 8:30am X-Core Boot Camp** 9:00am Special Class
	2:00 pm Kickboxing-Reco	T 9:30am X-Core Cross Training* 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Cross Training* 7:00pm Yoga-Marie-Anne	T 6:30pm X-Core Cross Training* 7:00pm Studio Barre Mix - Lisa	6:30pm HIIT Boxing - Andie	NO BODY CHISEL TONIGHT! T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne		10:15am Fight Club - Andie
	May classes on Thursdays & Saturdays will be new formats that we want you to try! If you like the class, let us know!				No Body Chisel tonight! Try X-Core at 6:30!		
	Gym Closed	13	14	15	16	17	18
<h1>Happy Mothers Day</h1>		8:00am Body Chisel-Chad 9:30am Club Vibe-Jill T 9:30am X-Core Cross Training** 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Cross Training* 7:00pm Yoga-Marie-Anne	T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill T 6:30pm X-Core Cross Training* 7:00pm Studio Barre Mix - Lisa	8:00am PiYo-Meredith T 9:30am X-Core Cross Training* 6:30pm HIIT Boxing - Andie	T 6:00am X-Core Cross Training* 9:00am Special Class 5:00pm Body Chisel-Chad T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne	8:00am PiYo-Meredith T 9:30am X-Core Cross Training*	T 8:30am X-Core Boot Camp** 9:00am Special Class 10:15am Fight Club - Andie
	20	21	22	23	24	25	
		8:00am Body Chisel-Chad 9:30am Club Vibe-Jill	T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill	8:00am PiYo-Meredith T 9:30am X-Core Cross Training*	T 6:00am X-Core Cross Training* 9:00am Special Class	8:00am PiYo-Meredith T 9:30am X-Core Cross Training*	T 8:30am X-Core Boot Camp** 9:00am Special Class
	2:00 pm Kickboxing-Reco	T 9:30am X-Core Cross Training** 5:30pm Muscle Mania-Mizelle T 6:30pm X-Core Cross Training* 7:00pm Yoga-Marie-Anne	T 6:30pm X-Core Cross Training* 7:00pm Studio Barre Mix - Lisa	6:30pm HIIT Boxing - Andie	5:00pm Body Chisel-Chad T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne		10:15am Fight Club - Andie
	If any group class is cancelled, you may attend X-Core that day for free!						
	27	28	29	30	31		
	Gym Hours 8-11am 9:00am Gym-Wide Workout	T 6:00am X-Core Cross Training* 9:00am R.I.P.P.E.D.-Jill	8:00am PiYo-Meredith T 9:30am X-Core Cross Training*	T 6:00am X-Core Cross Training* 9:00am Special Class	<div style="border: 2px solid red; padding: 5px;"> <p>IMPORTANT!!!</p> <p>Please use your SFX App to check in to classes. If you need any help with the app, please see the Front Desk!!</p> </div> <div style="border: 2px solid green; padding: 5px; margin-top: 5px;"> <p>Gym Schedule</p> <p>(unless otherwise noted)</p> <p>Mon-Thurs: 6am-8pm</p> <p>Friday: 6am-6pm</p> <p>Saturday: 8am-1pm</p> <p>Sunday: 11am-4pm</p> <p>*Add'l charge for X-Core</p> </div>		
2:00 pm Kickboxing-Reco		T 6:30pm X-Core Cross Training* 7:00pm Studio Barre Mix - Lisa	6:30pm HIIT Boxing - Andie	5:00pm Body Chisel-Chad T 6:30pm X-Core Cross Training* 6:30pm Deep Stretch-Marie-Anne			