


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			8:00am PiYo-Meredith	6:00am X-Core Training*	8:00am R.I.P.P.E.D.-Jill	8:30am X-Core Training*
			9:30am X-Core Training*	9:00am Tabata-Kara	T 9:30am X-Core Cross Training*	9:00am Special Class
			6:30pm HIIT Boxing - Andie	5:15pm Body Chisel-Chad		10:15am Fight Club - Andie
				6:30pm X-Core Training*		

	5	6	7	8	9	10	11
<b>Gym Schedule</b> (unless otherwise noted) Mon-Thurs: 6am-8pm Friday: 6am-6pm Saturday: 8am-1pm Sunday: Closed *Add'l charge for X-Core							
		8:00am Body Chisel-Chad	6:00am X-Core Training*	8:00am PiYo-Meredith	6:00am X-Core Training*	8:00am PiYo-Meredith	8:30am X-Core Training*
		9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D.-Jill	9:30am X-Core Training*	9:00am Tabata-Kara	9:30am X-Core Training*	9:00am Special Class
		9:30am X-Core Training*	6:30pm X-Core Training*	6:30pm HIIT Boxing - Andie	5:15pm Body Chisel-Chad		10:15am Fight Club - Andie
		5:30pm Muscle Mania-Mizelle	7:00pm Zumba- Robyn		6:30pm X-Core Training*		
		6:30pm X-Core Training*					

	12	13	14	15	16	17	18
<b>Come check out our hot new summer classes! Now introducing Tabata, Yoga Flow, and Zumba!</b>							
		8:00am Body Chisel-Chad	6:00am X-Core Training*	8:00am PiYo-Meredith	6:00am X-Core Training*	8:00am PiYo-Meredith	8:30am X-Core Training*
		9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D.-Jill	9:30am X-Core Training*	9:00am Tabata-Kara	9:30am X-Core Training*	9:00am Special Class
		9:30am X-Core Training*	6:30pm X-Core Training*	6:30pm HIIT Boxing - Andie	5:15pm Body Chisel-Chad		10:15am Fight Club - Andie
		5:30pm Muscle Mania-Mizelle	7:00pm Studio Barre Mix		6:30pm X-Core Training*		
		6:30pm X-Core Training*					

	19	20	21	22	23	24	25
<b>If any group class is cancelled, you may attend X-Core that day for free!</b>							
		8:00am Body Chisel-Chad	6:00am X-Core Training*	8:00am PiYo-Meredith	6:00am X-Core Training*	8:00am PiYo-Meredith	8:30am X-Core Training*
		9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D.-Jill	9:30am X-Core Training*	9:00am Tabata-Kara	9:30am X-Core Training*	9:00am -5pm Master
		9:30am X-Core Training*	6:30pm X-Core Training*	6:30pm HIIT Boxing - Andie	5:15 PM Body Chisel-Chad		RIPPED instructor training class
		5:30pm Muscle Mania-Mizelle	7:00pm Zumba- Robyn		6:30pm X-Core Training*		10:30am-11:30am RIPPED
		6:30pm X-Core Training*					Master class

	26	27	28	29	30	31
<b>IMPORTANT!</b> <b>!!</b> Please use your SFX App to check in to classes. If you need any help with the app, please see the Front Desk!!						
		8:00am Body Chisel-Chad	6:00am X-Core Training*	8:00am PiYo-Meredith	6:00am X-Core Training*	8:00am PiYo-Meredith
		9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D.-Jill	9:30am X-Core Training*	9:00am Tabata-Kara	9:30am X-Core Training*
		9:30am X-Core Training**	6:30pm X-Core Training*	6:30pm HIIT Boxing - Andie	5:15 PM Body Chisel-Chad	
		5:30pm Muscle Mania-Mizelle	7:00pm Studio Barre Mix		6:30pm X-Core Training*	
		6:30pm X-Core Training*				

