

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
Conratulation to Kara on her new <b>R.I.P.P.E.D.</b> Certification!						8:30am X-Core Training* 9:00am <b>class canceled</b> 10:15am Fight Club - Andie	
	2	3	4	5	6	7	
	<b>Gym Schedule</b>  (unless otherwise noted) Mon-Thurs: 6am-8pm Friday: 6am-6pm Saturday: 8am-1pm Sunday: Closed	8:00am Body Chisel-Scottie	<b>6:00am X-Core Training*</b>	8:00am PiYo-Meredith	<b>6:00am X-Core Training*</b>	8:00am PiYo-Meredith	<b>8:30am X-Core Training*</b>
		9:30am Club Vibe-Jill	9:00am Tabata - Kara	<b>9:30am X-Core Training*</b>	9:00am R.I.P.P.E.D. - Jill	<b>9:30am X-Core Training* - Jill</b>	9:00am R.I.P.P.E.D. - Jill
		<b>9:30am X-Core Training*</b>	<b>6:30pm X-Core Training*</b>	6:30pm HIIT Boxing - Andie	5:15pm Body Chisel-Chad		10:15am Fight Club - Andie
		5:30pm Muscle Mania-Mizelle	7:00pm Zumba- Robyn		<b>6:30pm X-Core Training*</b>		
<b>6:30pm X-Core Training*</b>							
6:45pm Yoga Flow-Niki							
	10	11	12	13	14	15	
Sign up to join our Classes today! We are now offering: Tabata, Yoga Flow, R.I.P.P.E.D, PiYo, Studio Bar Mix, Zumba, Muscle Mania, Hit Boxing and Body Chisel	8:00am Body Chisel-Scottie	<b>6:00am X-Core Training*</b>	8:00am PiYo-Meredith	<b>6:00am X-Core Training*</b>	8:00am PiYo-Meredith	<b>8:30am X-Core Training*</b>	
	9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D. - Jill	<b>9:30am X-Core Training*</b>	9:00am Tabata-Kara	<b>9:30am X-Core Training*</b>	9:00am R.I.P.P.E.D. - Jill	
	<b>9:30am X-Core Training*</b>	<b>6:30pm X-Core Training*</b>	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		<b>6:30pm X-Core Training*</b>			
	<b>6:30pm X-Core Training*</b>						
	6:45pm Yoga Flow-Niki						
	16	17	18	19	20	21	
If any group class is cancelled, you may attend X-Core that day for free!	8:00am Body Chisel-Scottie	<b>6:00am X-Core Training*</b>	8:00am PiYo-Meredith	<b>6:00am X-Core Training*</b>	8:00am PiYo-Meredith	<b>8:30am X-Core Training*</b>	
	9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D.-Jill	<b>9:30am X-Core Training*</b>	9:00am Tabata-Kara	<b>9:30am X-Core Training*</b>	9:00am R.I.P.P.E.D. - Kara	
	<b>9:30am X-Core Training*</b>	<b>6:30pm X-Core Training*</b>	6:30pm HIIT Boxing - Andie	5:15 PM Body Chisel-Chad		10:15am Fight Club - Andie	
	5:30pm Muscle Mania-Mizelle	7:00pm Zumba- Robyn		<b>6:30pm X-Core Training*</b>			
	<b>6:30pm X-Core Training*</b>						
	6:45pm Yoga Flow-Niki						
	23	24	25	26	27	28	
<b>IMPORTANT!</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-Scottie	<b>6:00am X-Core Training*</b>	8:00am PiYo-Meredith	<b>6:00am X-Core Training*</b>	8:00am PiYo-Meredith	<b>8:30am X-Core Training*</b>	
	9:30am Club Vibe-Jill	9:00am R.I.P.P.E.D.-Jill	<b>9:30am X-Core Training*</b>	9:00am Tabata-Kara	<b>9:30am X-Core Training*</b>	9:00am R.I.P.P.E.D. - Jill	
	<b>9:30am X-Core Training**</b>	<b>6:30pm X-Core Training*</b>	6:30pm HIIT Boxing - Andie	5:15 PM Body Chisel-Chad		10:15am Fight Club - Andie	
	5:30pm Muscle Mania-Mizelle	7:00pm Studio Barre Mix		<b>6:30pm X-Core Training*</b>			
	<b>6:30pm X-Core Training*</b>						
	6:45pm Yoga Flow-Niki						
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