



May 2019 Class Schedule

Class Prices:

\$18 for Single/Drop-in

\$95/Month - Unlimited (includes gym membership)

\$135 for 10 Class Punch Card

Instructor Key: Doug (D), Chrystal (C), Jason (J)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 5:30PM Bootcamp (J)	2 5:30AM Bootcamp (C) 6:15PM Core & More/ Stretch & Strength (C)	3 9:00AM Lively Low (J)	4 8:30AM Super Strong 90 minutes (C)
5	6 5:30AM Good Morning Cardio (D) 5:30PM Bootcamp (D)	7 5:30AM Bootcamp (C)	8 5:30PM Bootcamp (J)	9 5:30AM Bootcamp (C) 6:15PM Core & More/ Stretch & Strength (C)	10 9:00AM Lively Low (J)	11 8:30AM Super Strong 90 minutes (C)
12	13 5:30AM Good Morning Cardio (D) 5:30PM Bootcamp (D)	14 5:30AM Bootcamp (C)	15 5:30PM Bootcamp (J)	16 5:30AM Bootcamp (C) 6:15PM Core & More/ Stretch & Strength (C)	17 9:00AM Lively Low (J)	18 8:30AM Super Strong 90 minutes (C)
19	20 5:30AM Good Morning Cardio (D) 5:30PM Bootcamp (D)	21 5:30AM Bootcamp (C)	22 5:30PM Bootcamp (J)	23 5:30AM Bootcamp (C) 6:15PM Core & More/ Stretch & Strength (C)	24 9:00AM Lively Low (J)	25 8:30AM Super Strong 90 minutes (C)
26	27 CLOSED <i>Happy Memorial Day!</i>	28 5:30AM Bootcamp (C)	29 5:30PM Bootcamp (J)	30 5:30AM Bootcamp (C) 6:15PM Core & More/ Stretch & Strength (C)	31 9:00AM Lively Low (J)	