

Downstairs Schedule

May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	2 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 Zumba Alana	3 12:10 Cut-N-Tone Michelle	4 12:10 H.I.I.T Michelle	5
6	7 5:15 am Muscle X Terry 12:10 Circuit Training: Sandy 5:45 Zumba Alana	8 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	9 5:15 am MX Terry 12:10 40 Minute Spin Class Amber 5:45 Zumba Sam	10 12:10 Cut-N-Tone Michelle	11 12:10 H.I.I.T Michelle	12
13	14 5:15 am Muscle X Terry 12:10 Circuit Training: Sandy 5:45 Zumba Sam	15 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	16 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 Zumba Alana	17 12:10 Cut-N-Tone Michelle	18 12:10 H.I.I.T. Michelle	19
20	21 5:15 am Muscle X Terry 12:10 Circuit Training: Sandy 5:45 Zumba Alana	22 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	23 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 Zumba Sam	24 12:10 Cut-N-Tone Michelle	25 12:10 H.I.I.T. Michelle	26
27	28 No Classes Today! 	29 12:10 R.I.P.P.E.D Michelle 5:30 Jammin Cardio Linda	30 5:15 am MX Terry 12:10 Step & Spin Michelle 5:45 Zumba Alana	31		