



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
31 8A PILATES PATTI 9A SPIN(CAT) ANGIE 10:15A HATHA/VIN CARYN 10A BOOTCAMP ABBIE	 <h1 style="margin: 0;">MAY 2026</h1> <h2 style="margin: 0;">GROUPX & SPIN</h2> <p style="margin: 0;">MAKE SURE TO REGISTER ONLINE/APP! FOR MOST ACCURATE SCHEDULE SEE APP</p>					1 5:45A SPIN B&B LIZ 7:45A HATHA ELLIE 9:30A SPIN 30/30 ANGIE 9A CIRCUIT STRENGTH ANDY 10A MINDFUL MOVEMNT ANDY	2 8A HATHA MICHEAL 9:30A SPIN XL ANGIE 9A STEP & WEIGHTS PATTY 10A PILATES BARRE LAURA 10A BOOTCAMP AMIRA 11A B-CAMP & BAG CHARLIE 11A ZUMBA LAUREN
3 8A PILATES PATTI 9A SPIN(CAT) ANGIE 10:15A HATHA/VIN CARYN 10A BOOTCAMP ABBIE	4 5:45A SPIN (XP) AMIRA 9A 321 ANDY 9:15A SPIN XL(75) ANGIE 9:30A PILATES SCULPT NICOLE 10A RESTORATIVE YOGA ANDY 11A MUSCLE MAX LT CARYN 4P MINDFUL MVMT MICHAEL 5:30P BUTTS & GUTS ABBIE 6P SPIN & STRETCH ADRIENNE	5 5:45A BOOTCAMP LIZ 8:30A BALANCE (STX) MICHAEL 8:30A PILATES BARRE LAURA 9A BOXING/BOOTCAMP STEPH 9:30A BUILT ALLIE 10:30A YOGA BLEND ELLIE 11A CORE & FLOOR WENDY 5:30P BARBELL FIT ABBIE 6:30P B-CAMP&BAG CHARLIE 6:30P PILATES SCULPT NICOLE	6 5:45A SPIN & STRETCH CINDY 8:15A HATHA LINDA 9:15A ULT STRENGTH ALLIE 9:30A SPIN (30/30) ANG 9:30A BARBELL FIT ABBIE 11A MUSCLE MAX LT JAY 12P SPIN B&B JOE 4P RESTORATIVE YOGA MICHAEL 5:30P ULT STRENGTH JAY 6P SPIN ANGIE 6:30P VINYASA TAYLOR	7 5:45A BOOTCAMP AMIRA 8:30A PILATES SCULPT LAURA 8:30A SPIN XL AMY 9:30A BUTTS & GUTS ANG 9:30A STRICTLY STRENGTH ABBIE 5:30P STRICTLY STRENGTH WENDY 6:30P B-CAMP&BAG CHARLIE 6:30P VINYASA LAUREN	8 5:45A SPIN B&B LIZ 7:45A HATHA ELLIE 9:30A SPIN 30/30 ANGIE 9A CIRCUIT STRENGTH ANDY 10A MINDFUL MOVEMNT ANDY	9 8A HATHA MICHEAL 9A SPIN XL ANGIE 9A STEP & WEIGHTS PATTY 10A PILATES BARRE LAURA 10A BOOTCAMP AMIRA 11A B-CAMP & BAG CHARLIE 11A ZUMBA LAUREN	
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24 8A PILATES PATTI 9A SPIN(CAT) SHIRIN 10:15A HATHA/VIN CARYN 10A BOOTCAMP AMIRA	25 MEMORIAL DAY CLUB IS CLOSED! 	26 5:45A BOOTCAMP LIZ 8:30A BALANCE (STX) SUE 8:30A PILATES BARRE LAURA 9A BOXING/BOOTCAMP STEPH 9:30A BUILT ALLIE 10:30A YOGA BLEND ELLIE 11A CORE & FLOOR WENDY 5:30P BARBELL FIT ABBIE 6:30P B-CAMP&BAG CHARLIE 6:30P PILATES SCULPT NICOLE	27 5:45A SPIN & STRETCH LIZ 8:15A HATHA LINDA 9:15A ULT STRENGTH ALLIE 9:30A SPIN (30/30) ANG 9:30A BARBELL FIT ABBIE 11A MUSCLE MAX LT JAY 12P SPIN B&B JOE 4P RESTORATIVE YOGA CARYN 5:30P ULT STRENGTH JAY 6P SPIN ADRIENNE 6:30P VINYASA TAYLOR	28 5:45A BOOTCAMP AMIRA 8:30A PILATES SCULPT LAURA 8:30A SPIN XL SHIRIN 9:30A BUTTS & GUTS ANG 9:30A STRICTLY STRENGTH ABBIE 5:30P STRICTLY STRENGTH WENDY 6:30P B-CAMP&BAG CHARLIE 6:30P VINYASA LAUREN	29 5:45A SPIN B&B LIZ 7:45A HATHA ELLIE 9:30A SPIN 30/30 ANGIE 9A CIRCUIT STRENGTH ANDY 10A MINDFUL MOVEMNT ANDY	30 8A HATHA MICHEAL 9A SPIN XL ANGIE 9A STEP & WEIGHTS PATTY 10A PILATES BARRE LAURA 10A BOOTCAMP AMIRA 11A B-CAMP & BAG CHARLIE 11A ZUMBA LAUREN	