

S	M	T	W	T	F	S
28 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	29 SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Stephanie 7pm	30 TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Ryan 7pm	31 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Ryan 9:30am Hiit w/Ryan 6pm YOGA w/Joanne 7pm	1 Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Ryan 7pm	2 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am RESTORATIVE YOGA w/David 6pm	3 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
4 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	5 SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Stephanie 7pm	6 TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Ryan 7pm	7 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Ryan 9:30am Hiit w/Ryan 6pm YOGA w/Joanne 7pm	8 Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Ryan 7pm	9 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am RESTORATIVE YOGA w/David 6pm	10 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
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