


S	M	T	W	T	F	S
1 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	2 SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Lisa 7pm	3 TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	4 INDEPENDENCE DAY Closed 	5 Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Bruno 7pm	6 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am SEEK YOUR BLISS YOGA FLOW w/David 6pm	7 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
8 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	9 SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Lisa 7pm	10 TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	11 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am MUAY THAI BOXING w/Bruno 6pm YOGA w/Joanne 7pm	12 Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Bruno 7pm	13 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am SEEK YOUR BLISS YOGA FLOW w/David 6pm	14 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
15 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	16 SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Lisa 7pm	17 TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	18 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am MUAY THAI BOXING w/Bruno 6pm YOGA w/Joanne 7pm	19 Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Bruno 7pm	20 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am SEEK YOUR BLISS YOGA FLOW w/David 6pm	21 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
22 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	23 SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Lisa 7pm	24 TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	25 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am MUAY THAI BOXING w/Bruno 6pm YOGA w/Joanne 7pm	26 Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Bruno 7pm	27 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am SEEK YOUR BLISS YOGA FLOW w/David 6pm	28 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
29 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	30 SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Lisa 7pm	31 TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	1 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am MUAY THAI BOXING w/Bruno 6pm YOGA w/Joanne 7pm	2 Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Bruno 7pm	3 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am SEEK YOUR BLISS YOGA FLOW w/David 6pm	4 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am

S	M	T	W	T	F	S
29	30	31	1	2	3	4
YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Lisa 7pm	TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am MUAY THAI BOXING w/Bruno 6pm YOGA w/Joanne 7pm	Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Bruno 7pm	SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am SEEK YOUR BLISS YOGA FLOW w/David 6pm	PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
5	6	7	8	9	10	11
YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Lisa 7pm	TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am MUAY THAI BOXING w/Bruno 6pm YOGA w/Joanne 7pm	Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Bruno 7pm	SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am SEEK YOUR BLISS YOGA FLOW w/David 6pm	PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
12	13	14	15	16	17	18
YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Lisa 7pm	TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am MUAY THAI BOXING w/Bruno 6pm YOGA w/Joanne 7pm	Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Bruno 7pm	SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am SEEK YOUR BLISS YOGA FLOW w/David 6pm	PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
19	20	21	22	23	24	25
YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Lisa 7pm	TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am MUAY THAI BOXING w/Bruno 6pm YOGA w/Joanne 7pm	Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Bruno 7pm	SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am SEEK YOUR BLISS YOGA FLOW w/David 6pm	PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
26	27	28	29	30	31	1
YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	SPINNING w/Fionuala 6am BOOT CAMP w/Chris 9:30am BOOT CAMP w/Chris 6pm YOGA w/Lisa 7pm	TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am MUAY THAI BOXING w/Bruno 6pm YOGA w/Joanne 7pm	Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Bruno 7pm	SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am SEEK YOUR BLISS YOGA FLOW w/David 6pm	PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am

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2 YOGA w/Stephanie 8:15am BOOT CAMP w/Jason 9:30am YOGA 101 w/Stephanie 11am	3 LABOR DAY Closed	4 TRX w/Jason 5:30am YOGA w/Laura 9:30am PILATES w/Chris 6pm MUAY THAI BOXING w/Bruno 7pm	5 SPINNING w/Fionuala 6am MUAY THAI BOXING w/Bruno 9:30am MUAY THAI BOXING w/Bruno 6pm YOGA w/Joanne 7pm	6 Hiit w/Jason 5:30am YOGA w/Laura 9:30am SPINNING w/Kelly 6pm MUAY THAI BOXING w/Bruno 7pm	7 SPINNING w/Fionuala 6am Cross Training w/Amy 9:30am SEEK YOUR BLISS YOGA FLOW w/David 6pm	8 PILATES w/Chris 8:30am SPINNING w/Stefan 9:30am YOGA 101 w/Schinita 11am
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