


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 ● 8:30am PILATES w/Chris ● 9:30am SPINNING w/Stefan ● 11am YOGA 101 w/Schinita
2 ● 8:15am YOGA w/Stephanie ● 9:30am BOOT CAMP w/Chris ● 11am YOGA 101 w/Stephanie	3 ● 6am SPINNING w/Fionuala ● 9:30am BOOT CAMP w/Chris ● 6pm BOOT CAMP w/Chris ● 7pm YOGA w/Gigi	4 ● 5:30am TRX w/Chris ● 9:30am YOGA w/Laura ● 6pm PILATES w/Chris ● 7pm MUAY THAI BOXING w/Bruno	5 ● 6am SPINNING w/Fionuala ● 9:30am MUAY THAI BOXING w/Bruno ● 6pm MUAY THAI BOXING w/Bruno ● 7pm YOGA w/Gigi	6 ● 5:30am HIIT w/Chris ● 9:30am YOGA w/Laura ● 6pm SPINNING w/Kelly ● 7pm MUAY THAI BOXING w/Bruno	7 ● 6am SPINNING w/Fionuala ● 9:30am CROSS TRAINING w/Amy ● 6pm YOGA w/Schinita	8 ● 8:30am PILATES w/Chris ● 9:30am SPINNING w/Stefan ● 11am YOGA 101 w/Schinita
9 ● 8:15am YOGA w/Stephanie ● 9:30am BOOT CAMP w/Chris ● 11am YOGA 101 w/Stephanie	10 ● 6am SPINNING w/Fionuala ● 9:30am BOOT CAMP w/Chris ● 6pm BOOT CAMP w/Chris ● 7pm YOGA w/Gigi	11 ● 5:30am TRX w/Chris ● 9:30am YOGA w/Laura ● 6pm PILATES w/Chris ● 7pm SPINNING w/Johanna	12 ● 6am SPINNING w/Fionuala ● 9:30am ZUMBA w/Sueheitie ● 6pm HIIT w/Chris ● 7pm YOGA w/Gigi	13 ● 5:30am HIIT w/Chris ● 9:30am YOGA w/Laura ● 6pm SPINNING w/Kelly ● 7pm TRX w/Chris	14 ● 6am SPINNING w/Fionuala ● 9:30am CROSS TRAINING w/Amy ● 6pm YOGA w/Schinita	15 ● 8:30am PILATES w/Chris ● 9:30am SPINNING w/Chris ● 11am YOGA 101 w/Schinita
16 ● 8:15am YOGA w/Stephanie ● 9:30am BOOT CAMP w/Chris ● 11am YOGA 101 w/Stephanie	17 ● 6am SPINNING w/Fionuala ● 9:30am BOOT CAMP w/Chris ● 6pm BOOT CAMP w/Chris ● 7pm YOGA w/Gigi	18 ● 5:30am TRX w/Chris ● 9:30am YOGA w/Laura ● 6pm PILATES w/Chris ● 7pm SPINNING w/Johanna	19 ● 6am SPINNING w/Fionuala ● 9:30am ZUMBA w/Sueheitie ● 6pm HIIT w/Chris ● 7pm YOGA w/Gigi	20 ● 5:30am HIIT w/Chris ● 9:30am YOGA w/Laura ● 6pm SPINNING w/Kelly ● 7pm TRX w/Chris	21 ● 6am SPINNING w/Fionuala ● 9:30am CROSS TRAINING w/Amy ● 6pm YOGA w/Schinita	22 ● 8:30am PILATES w/Chris ● 9:30am SPINNING w/Chris ● 11am YOGA 101 w/Schinita
23 ● 8:15am YOGA w/Stephanie ● 9:30am BOOT CAMP w/Chris ● 11am YOGA 101 w/Stephanie	24 ● 6am SPINNING w/Fionuala ● 9:30am BOOT CAMP w/Chris	25 CLOSED 	26 ● 6am SPINNING w/Fionuala ● 9:30am ZUMBA w/Sueheitie ● 6pm HIIT w/Chris ● 7pm YOGA w/Gigi	27 ● 5:30am HIIT w/Chris ● 9:30am YOGA w/Laura ● 6pm SPINNING w/Kelly ● 7pm TRX w/Chris	28 ● 6am SPINNING w/Fionuala ● 9:30am CROSS TRAINING w/Amy ● 6pm YOGA w/Schinita	29 ● 8:30am PILATES w/Chris ● 9:30am SPINNING w/Chris ● 11am YOGA 101 w/Schinita
30 ● 8:15am YOGA w/Stephanie ● 9:30am BOOT CAMP w/Chris ● 11am YOGA 101 w/Stephanie	31 ● 6am SPINNING w/Fionuala ● 9:30am BOOT CAMP w/Chris	Notes: Milton Hill Sport & Spa will be CLOSED on both Christmas and New Year's Days. We will also be closing at 6pm on Christmas Eve as well as New Year's Eve, so there will be no evening classes these days.				