

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am BODY CONDITIONING w/Chris 6pm MUAY-THAI w/Bruno 7pm YOGA w/Gigi 	2 <ul style="list-style-type: none"> 5:30am Hiit w/Chris 9:30am YOGA w/Laura 6pm SPINNING w/Kelly 7pm MUAY-THAI w/Bruno 	3 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am CROSS TRAINING w/Chris 6pm YOGA w/Schinita 	4 <ul style="list-style-type: none"> 8:30am PILATES w/Chris 9:30am SPINNING w/Chris 11am YOGA 101 w/Schinita
5 <ul style="list-style-type: none"> 8:15am YOGA w/Laura 9:30am BOOT CAMP w/Chris 11am YOGA w/Francesca 	6 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am BOOT CAMP w/Javon 6pm BOOT CAMP w/Chris 7pm YOGA w/Gigi 	7 <ul style="list-style-type: none"> 5:30am TRX w/Chris 9:30am YOGA w/Laura 6pm PILATES w/Chris 7pm SPINNING w/Johanna 	8 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am BODY CONDITIONING w/Chris 6pm MUAY-THAI w/Bruno 7pm YOGA w/Gigi 	9 <ul style="list-style-type: none"> 5:30am Hiit w/Chris 9:30am YOGA w/Laura 6pm SPINNING w/Kelly 7pm MUAY-THAI w/Bruno 	10 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am CROSS TRAINING w/Chris 6pm YOGA w/Schinita 	11 <ul style="list-style-type: none"> 8:30am PILATES w/Chris 9:30am SPINNING w/Chris 11am YOGA 101 w/Schinita
12 <ul style="list-style-type: none"> 8:15am YOGA w/Laura 9:30am BOOT CAMP w/Chris 11am YOGA w/Francesca 	13 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am BOOT CAMP w/Javon 6pm BOOT CAMP w/Chris 7pm YOGA w/Gigi 	14 <ul style="list-style-type: none"> 5:30am TRX w/Chris 9:30am YOGA w/Laura 6pm PILATES w/Chris 7pm SPINNING w/Johanna 	15 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am BODY CONDITIONING w/Chris 6pm MUAY-THAI w/Bruno 7pm YOGA w/Gigi 	16 <ul style="list-style-type: none"> 5:30am Hiit w/Chris 9:30am YOGA w/Laura 6pm SPINNING w/Kelly 7pm MUAY-THAI w/Bruno 	17 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am CROSS TRAINING w/Chris 6pm YOGA w/Schinita 	18 <ul style="list-style-type: none"> 8:30am PILATES w/Chris 9:30am SPINNING w/Chris 11am YOGA 101 w/Schinita
19 <ul style="list-style-type: none"> 8:15am YOGA w/Laura 9:30am BOOT CAMP w/Chris 11am YOGA w/Francesca 	20 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am BOOT CAMP w/Javon 6pm BOOT CAMP w/Chris 7pm YOGA w/Gigi 	21 <ul style="list-style-type: none"> 5:30am TRX w/Chris 9:30am YOGA w/Laura 6pm PILATES w/Chris 7pm SPINNING w/Johanna 	22 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am BODY CONDITIONING w/Chris 6pm MUAY-THAI w/Bruno 7pm YOGA w/Gigi 	23 <ul style="list-style-type: none"> 5:30am Hiit w/Chris 9:30am YOGA w/Laura 6pm SPINNING w/Kelly 7pm MUAY-THAI w/Bruno 	24 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am CROSS TRAINING w/Chris 6pm YOGA w/Schinita 	25 <ul style="list-style-type: none"> 8:30am PILATES w/Chris 9:30am SPINNING w/Chris 11am YOGA 101 w/Schinita
26 <ul style="list-style-type: none"> 8:15am YOGA w/Laura 9:30am BOOT CAMP w/Chris 11am YOGA w/Francesca 	27 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am BOOT CAMP w/Javon 6pm BOOT CAMP w/Chris 7pm YOGA w/Gigi 	28 <ul style="list-style-type: none"> 5:30am TRX w/Chris 9:30am YOGA w/Laura 6pm PILATES w/Chris 7pm SPINNING w/Johanna 	29 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am BODY CONDITIONING w/Chris 6pm MUAY-THAI w/Bruno 7pm YOGA w/Gigi 	30 <ul style="list-style-type: none"> 5:30am Hiit w/Chris 9:30am YOGA w/Laura 6pm SPINNING w/Kelly 7pm MUAY-THAI w/Bruno 	31 <ul style="list-style-type: none"> 6am SPINNING w/Fionuala 9:30am CROSS TRAINING w/Chris 6pm YOGA w/Schinita 	