



SUN	MON	TUE	WED	THU	FRI	SAT
			Fitness Rooms: MB = Mind and Body FUS = Fusion 1C Spin Class Price: \$5 w/ 10 Pass Package \$6 / Drop In	1 0900 Kickboxing CD 1C 1015 Stretch'n'Flow NK 1C 1130 BANG FIT ME 1C 1715 FFT RD FUS 1600 Krav Maga SR 1C 1800 Salsa III ME 1C	2 0900 Beg. Yoga CD FUS 0930 Pump NK 1C 1045 POP Pilates NK 1C	3 0900 FFT RD FUS 1000 Beg. Yoga CD 1C
4 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	5 0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT RD FUS 1730 Mixxed Fit KA 1B 1800 Salsa III ME 1C	6 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME 1C	7 0600 SPIN AF SPIN 0900 Kickboxing CD 1C 1015 Stretch'n'Flow NK 1C 1130 BANG FIT ME 1C 1600 Krav Maga SR 1C 1715 FFT RD FUS 1800 Salsa I ME 1C	8 0900 Beg. Yoga CD FUS 0930 Pump NK 1C 1045 POP Pilates NK 1C	9 0900 FFT RD FUS 1000 Beg. Yoga CD 1C	10 0900 FFT RD FUS 1000 Beg. Yoga CD 1C
11 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	12 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT RD FUS 1730 Mixxed Fit KA 1B 1800 Salsa III ME 1C	13 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME 1C	14 0900 Kickboxing CD 1C 1015 Stretch'n'Flow NK 1C 1130 BANG FIT ME 1C 1600 Krav Maga SR 1C 1715 FFT RD FUS 1800 Salsa I ME 1C	15 0900 Beg. Yoga CD FUS 0930 Pump NK 1C 1045 POP Pilates NK 1C	16 0900 FFT RD FUS 1000 Beg. Yoga CD 1C	17 0900 FFT RD FUS 1000 Beg. Yoga CD 1C
18 0930 Pump+Core NK 1C 1045 POP Pilates NK 1C 1145 Spin AO Spin 1600 Krav Maga SR 1C	19 0600 SPIN AF SPIN 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT RD FUS 1730 Mixxed Fit KA 1B 1800 Salsa III ME 1C	20 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME 1C	21 0900 Kickboxing CD 1C 1015 Stretch'n'Flow NK 1C 1130 BANG FIT ME 1C 1600 Krav Maga SR 1C 1715 FFT RD FUS 1800 Salsa I ME 1C	22 Training Holiday 0830-1700 0900 Beg. Yoga CD FUS 0930 Pump NK 1C 1045 POP Pilates NK 1C	23 1000 Beg. Yoga CD 1C	24 1000 Beg. Yoga CD 1C
25 Memorial Day 0830-1700	26 0900 HIIT CD FUS 1000 Step NK 1C 1715 FFT RD FUS 1730 Mixxed Fit KA 1B 1800 Salsa III ME 1C	27 0900 Beg. Yoga CD 1C 1130 Pump NK 1C 1145 Spin AO Spin 1800 BANG FIT ME 1C	28 0900 Kickboxing CD 1C 1015 Stretch'n'Flow NK 1C 1130 BANG FIT ME 1C 1600 Krav Maga SR 1C 1715 FFT RD FUS 1800 Salsa I ME 1C	29 0900 Beg. Yoga CD FUS	30 0900 FFT RD FUS 1000 Beg. Yoga CD 1C	31 0900 FFT RD FUS 1000 Beg. Yoga CD 1C
May 5-June 16, Mondays & Wednesdays 1800-1900: Join Hava with a comprehensive Boot Camp to target your entire body, increase cardiovascular endurance, strength conditioning, overall health and push you to your limits. \$205 pp (\$20 drop-in fee).						

