

MAY GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday
Strength Express 6:30-7:00 Matt	Total Body Pump 6:30-7:15 Matt	Sunrise Yoga 6:30-7:15 Paula	Sky High Circuit Strength 6:30-7:15 Matt
	Total Body Pump 11:30-12:15 Breanna	TRX, Ropes, and Med Balls 11:30-12:15 Matt	Cardio & Core Blast 11:30-12:05 Breanna
	Vinyasa Yoga 12:30-1:15 Paula	Vinyasa Yoga 12:30-1:15 Paula	Gentle Yoga 12:30-1:15 Nasha
		Bootcamp Express 4:30-5:00 Breanna	