



**Bolded Classes indicate a new class or new class time or new instructor!!!**

| Mon                                                                                                      | Tue                                                                                            | Wed                                                                                 | Thu                                                                                                | Fri                         | Sat                                                                                                                          |
|----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------|------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                          | <b>1</b><br>5:15 Pure Strength-Brenda<br>9:15 Booty Camp-Janette<br><br>6:30 Body Blast- Dawn  | <b>2</b><br>5:15 Boot Camp- Dawn<br>9:15 3-2-1 - Janette<br><br>6:00 Zumba® Bonnie  | <b>3</b><br>5:15 Cardio Core Intervals-Brenda<br>9:15 TABATA - Brenda<br><br>6:15 Boot Camp- Dawn  | <b>4</b><br>5:15 HIIT-Dawn  | <b>5</b><br>8:15 Kids Fit (8-12)-Dawn<br>9:00 Boot Camp-Dawn                                                                 |
| <b>7</b><br>5:15 Boot Camp-Dori<br>9:15 Core and Strength- Brenda<br><br>6:15 Boot Camp-Dawn             | <b>8</b><br>5:15 Pure Strength-Brenda<br>9:15 Booty Camp-Janette<br><br>6:30 Body Blast- Dori  | <b>9</b><br>5:15 Boot Camp- Dori<br>9:15 3-2-1 - Janette<br><br>6:00 Zumba® Bonnie  | <b>10</b><br>5:15 Cardio Core Intervals-Brenda<br>9:15 TABATA - Brenda<br><br>6:15 Boot Camp- Dawn | <b>11</b><br>5:15 HIIT-Dawn | <b>12</b><br>8:15 Kids Fit (8-12)-Dawn<br>9:00 Boot Camp-Dawn                                                                |
| <b>14</b><br>5:15 Boot Camp-Dori<br>9:15 Core and Strength- Brenda<br><br>6:15 Boot Camp-Dawn            | <b>15</b><br>5:15 Pure Strength-Brenda<br>9:15 Booty Camp-Janette<br><br>6:30 Body Blast- Dori | <b>16</b><br>5:15 Boot Camp- Dori<br>9:15 3-2-1 - Janette<br><br>6:00 Zumba® Bonnie | <b>17</b><br>5:15 Cardio Core Intervals-Brenda<br>9:15 TABATA - Brenda<br><br>6:15 Boot Camp- Dawn | <b>18</b><br>5:15 HIIT-Dawn | <b>19</b><br>8:15 Kids Fit (8-12)-Dawn<br>9:00 Boot Camp-Dawn                                                                |
| <b>21</b><br>5:15 Boot Camp-Dori<br>9:15 Core and Strength- Brenda<br><br>6:15 Boot Camp-Dawn            | <b>22</b><br>5:15 Pure Strength-Brenda<br>9:15 Booty Camp-Janette<br><br>6:30 Body Blast- Dori | <b>23</b><br>5:15 Boot Camp-Dori<br>9:15 3-2-1 - Janette<br><br>6:00 Zumba® Bonnie  | <b>24</b><br>5:15 Cardio Core Intervals-Brenda<br>9:15 TABATA - Brenda<br><br>6:15 Boot Camp- Dawn | <b>25</b><br>5:15 HIIT-Dawn | <b>26</b><br>8:15 Kids Fit (8-12)-Dawn<br>9:00 Boot Camp-Dawn<br><br><b>11:30 NMO*-Toni</b><br><b>12:30 Teen Cert.*-Toni</b> |
| <b>28</b><br><b>5:15 Boot Camp-No Class</b><br>9:15 Core and Strength- Brenda<br><br>6:15 Boot Camp-Dawn | <b>29</b><br>5:15 Pure Strength-Brenda<br>9:15 Booty Camp-Janette<br><br>6:30 Body Blast- Dori | <b>30</b><br>5:15 Boot Camp-Dori<br>9:15 3-2-1 – Janette<br><br>6:00 Zumba® Bonnie  | <b>31</b><br>5:15 Cardio Core Intervals-Brenda<br>9:15 TABATA – Brenda<br><br>6:15 Boot Camp- Dawn |                             |                                                                                                                              |