

MAY, 2011

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18	1	2 ◆ Kickboxing 5:00-6:30 Pm	3 ◆ Fusion 9:15-10:15 Am ◆ Yoga 6:15-7:30 Pm	4 ◆ Cardio 9:15-10:15 Am ◆ Core Class 5:30 To 6:00 Pm	5 ◆ Endurance Training 6:00-7:00 Pm	6	7 ◆ Yoga 9:00-10:15 Am
19	8	9 ◆ Kickboxing 5:00-6:30 Pm	10 ◆ Nutrition Class 6:30-8:00 P.m. ◆ Cardio 9:15-10:15 A.m.	11 ◆ Fusion 9:15-10:15 Am ◆ Core Class 5:30 To 6:00 Pm	12 ◆ Kettlebells 6:00-7:00 Pm	13	14 ◆ Yoga 9:00-10:15 Am
20	15	16 ◆ Kickboxing 5:00-6:30 Pm	17 ◆ Yoga 6:15-7:30 Pm ◆ Fusion 9:15-10:15 Am	18 ◆ Cardio 9:15-10:15 Am ◆ Core Class 5:30 To 6:00 Pm	19 ◆ Fusion 6:00-7:00 Pm	20	21 ◆ Yoga 9:00-10:15 Am
21	22	23 ◆ Kickboxing 5:00-6:30 Pm	24 ◆ Cardio 9:15-10:15 A.m. ◆ Yoga 6:15-7:30 Pm	25 ◆ Fusion 9:15-10:15 Am ◆ Core Class 5:30 To 6:00 Pm	26 ◆ Cardio 6:00-7:00 Pm	27	28 ◆ Yoga 9:00-10:15 Am
22	29	30 ◆ Kickboxing 5:00-6:30 Pm	31 ◆ Fusion 9:15-10:15 Am ◆ Yoga 6:15-7:30 Pm	June 2011	June 2011	June 2011	June 2011

 Today
 General
 Cardio Classes
 Nutrition Classes
 Core Conditioning Classes
 Skin Care
 Fusion Classes
 Yoga Classes