

MAY 2025



Whatever your goal, we can make it happen.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5am Tone Lindsey 8:30 BF Dee 5pm Shred Liz 5:30 Tone Kelli	2 8:30 Tone Kelli 10am SS Angie/Mary	3 Instructor Training 9-2
Class Type BP-BODYPUMP BA-BODYATTACK BC-BODYCOMBAT BF-BODYFLOW SHRED - HIIT SS-SILVER SNEAKERS LES MILLS BODYATTACK LES MILLS BODYPUMP LES MILLS BODYCOMBAT LES MILLS BODYFLOW  	5 5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	6 5am BA Kristy 8:30 BA Kelli 5:30 Shred Liz	7 5am BP Brandy 8:30 Strength Trena 10 SS MiMi 5:30 BP Liz	8 5am Tone Lindsey 8:30 BF Dee 5pm Shred Liz 5:30 Tone Kelli	9 5am Str. Dev. Kristy 8:30 Tone Kelli 10am SS Angie/Mary	10
	12 5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	13 5am BA Kristy 8:30 BA Kelli 5:30 Shred Liz	14 5am BP Brandy 8:30 Strength Trena 10 SS MiMi 5:30 BP Liz	15 5am Tone Lindsey 8:30 BF Dee 5pm Shred Liz 5:30 Tone Kelli	16 5am Str. Dev. Kristy 8:30 Tone Kelli 10am SS Angie/Mary	17
	19 5am BP Brandy 8:30 BP Mary 10 SS Cojo 4:30 BF Dee 5:30 BP Brandi	20 5am BA Kristy 8:30 BA Kelli 5:30 Shred Liz	21 5am BP Brandy 8:30 Strength Trena 10 SS MiMi 5:30 BP Liz	22 5am Tone Lindsey 8:30 BF Dee 5pm Shred Liz 5:30 Tone Kelli	23 5am Str. Dev. Kristy 8:30 Tone Kelli 10am SS Angie/Mary	
	26 HAPPY MEMORIAL DAY	27 5am BA Kristy 8:30 BA Kelli 5:30 Shred Liz	28 5am BP Brandy 8:30 Strength Trena 10 SS MiMi 5:30 BP Liz	29 5am Tone Lindsey 8:30 Functional Trena 5pm Shred Liz 5:30 Tone Kelli	30 5am Str. Dev. Kristy 8:30 Tone Kelli 10am SS Angie/Mary	
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