


MAY 2025



**** schedule/class formats subject to change based on demand**

				Thu 05/01	Fri 05/02
AM				5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM Fit For Life (J)
PM				6:15PM - 6:45PM HIIT (J)	SATURDAY CLASS! >>> 9:00AM "Rehab"
	Mon 05/05	Tue 05/06	Wed 05/07	Thu 05/08	Fri 05/09
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM Fit For Life (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Lower Body Focus (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Core & Cardio Express (T)
PM	5:00PM - 5:45PM Strength Mix (J)	5:15PM - 6:00PM Kickboxing (J)	11:00AM - 12:00PM Midweek Machines	6:15PM - 6:45PM HIIT (J)	
	Mon 05/12	Tue 05/13	Wed 05/14	Thu 05/15	Fri 05/16
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM Fit For Life (J) Machines	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Lower Body Focus (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Core & Cardio Express (T) 9:00AM - 10:00AM Fit For Life (J)
PM	5:00PM - 5:45PM Strength Mix (J)		11:00AM - 12:00PM Midweek Machines	6:15PM - 6:45PM Kickboxing (J)	SATURDAY CLASS! >>> 8:45AM "The Works"
	Mon 05/19	Tue 05/20	Wed 05/21	Thu 05/22	Fri 05/23
AM	5:15AM - 6:00AM Full Body Mix (T) 9:00AM - 10:00AM Fit For Life (J) Machines **subject to change	5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Lower Body Focus (T) 9:00AM - 10:00AM Fit For Life (J)	5:15AM - 6:00AM Core & Cardio Express (T)
PM	5:00PM - 5:45PM Strength Mix (J)	5:15PM - 6:00PM Kickboxing (J)	11:00AM - 12:00PM Midweek Machines	6:15PM - 6:45PM HIIT (J)	
	Mon 05/26	Tue 05/27	Wed 05/28	Thu 05/29	Fri 05/30
AM		5:15AM - 6:00AM Upper Body Focus (T)	5:15AM - 6:00AM Tabata - Free Weights (T)	5:15AM - 6:00AM Lower Body Focus (T)	5:15AM - 6:00AM Core & Cardio Express (T)
PM		no ffl or evening classes JOLYNNE OFF ALL WEEK			

(J) Jolynne (T) Tami

Classes are drop-in welcome! Participants in J's classes should download Spond for up to date info!