



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 BC Yoga w/ Chris 10am	3 BC Silver Strength 10am Strength 4:15pm Jenn Zumba 5pm JRow 6:30pm	4 Fit Row 5:45am Gentle Yoga 4:30pm Vinyasa Yoga 5:30pm	5 BC Silver Strength 10am Strength 4:15pm Jenn Zumba 5pm JRow 6:30pm	6 Fit Row 5:45am Yoga w/ Chris 10am JRow 5pm	
8 	9 BC Yoga w/ Chris 10am	10 BC Silver Strength 10am Cindi Zumba 5pm JRow 6:30pm	11 Fit Row 5:45am Gentle Yoga 4:30pm Vinyasa Yoga 5:30pm	12 BC Silver Strength 10am Strength 4:15pm Jenn Zumba 5pm JRow 6:30pm	13 Fit Row 5:45am Yoga w/ Chris 10am JRow 5pm	14 
15	16 BC Yoga w/ Chris 10am JRow 6:30pm	17 BC Silver Strength 10am Strength 4:15pm Jenn Zumba 5pm	18 Fit Row 5:45am Gentle Yoga 4:30pm Vinyasa Yoga 5:30pm	19 BC Silver Strength 10am Cindi Zumba 5pm JRow 6:30pm	20 Fit Row 5:45am Yoga w/ Chris 10am JRow 5pm	21 Gentle Yoga TBA
22	23 BC Yoga w/ Chris 10am JRow 6:30pm	24 BC Silver Strength 10am Cindi Zumba 5pm	25 Fit Row 5:45am Gentle Yoga 4:30pm Vinyasa Yoga 5:30pm	26 BC Silver Strength 10am Strength 4:15pm Jenn Zumba 5pm JRow 6:30pm	27 Fit Row 5:45am Yoga w/ Chris 10am JRow 5pm	28 Gentle Yoga TBA
	30 BC Yoga w/ Chris 10am JRow 6:30pm	31 BC Silver Strength 10am Cindi Zumba 5pm 				507-831-0672