



# MAY2025



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
						3

## NEW! INTRO PACK

ANY 3 CLASSES  
\$30

9:00 am (40m)  
**STRONGER**  
9:45 am (30m)  
**HOME STRETCH**

4	5	6	7	8	9	10
	8:00 am (30m) <b>STRONGER</b> 8:35 am (25m) <b>HOME STRETCH</b>	9:00 am (30m) <b>CORE 'n BI / TRI</b>	8:30 am (40m) <b>SOLID</b>		<b>FREE!</b> 	<b>VIDEO ACCESS</b>

11	12	13	14	15	16	17
 <b>YAY!</b>  5:30 pm (40m) <b>MONDAY MADNESS</b>	8:00 am (30m) <b>STRONGER</b> 8:35 am (25m) <b>HOME STRETCH</b>	9:00 am (30m) <b>CORE 'n MORE MOBILITY</b>	8:30 am (40m) <b>SOLID</b>		9:00 am (40m) <b>STRONGER</b> 9:45 am (30m) <b>HOME STRETCH</b>	

18	19	20	21	22	23	24
	8:00 am (30m) <b>STRONGER</b> 8:35 am (25m) <b>HOME STRETCH</b>	9:00 am (30m) <b>CORE 'n SIDE BOOTY</b>	8:30 am (40m) <b>SOLID</b>		9:00 am (40m) <b>STRONGER</b> 9:45 am (30m) <b>HOME STRETCH</b>	

25	26	27	28	29	30	31
	8:00 am (30m) <b>STRONGER</b> 8:35 am (25m) <b>HOME STRETCH</b>	9:00 am (30m) <b>CORE 'n POSTURE</b>	8:30 am (40m) <b>SOLID</b>		9:00 am (40m) <b>STRONGER</b> 9:45 am (30m) <b>HOME STRETCH</b>	

\*\* Schedule is in Pacific Time

Donations ♥ Apr May June 2025

