



SUNMONTUEWEDTHUFRI SAT

NEW! INTRO PACK

ANY 3 CLASSES

\$30

1	2	3	4	5	6	7
	8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) HAPPY KNEES	8:30 am (40m) SOLID		9:00 am (40m) STRONGER 9:45 am (30m) HOME STRETCH	
8	9	10	11	12	13	14
	8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) CORE 'n SHOULDERS	8:30 am (40m) SOLID		9:00 am (40m) STRONGER 9:45 am (30m) HOME STRETCH	
15	16	17	18	19	20	21
SURPRISE!  5:30 pm (40m) MONDAY MADNESS	8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) CORE 'n GLUTES & QUADS	8:30 am (40m) SOLID		9:00 am (40m) STRONGER 9:45 am (30m) HOME STRETCH	
22	23	24	25	26	27	28
	8:00 am (30m) STRONGER 8:35 am (25m) HOME STRETCH	9:00 am (30m) CORE 'n MORE CORE	8:30 am (40m) SOLID		9:00 am (40m) STRONGER 9:45 am (30m) HOME STRETCH	

\*\* Schedule is in Pacific Time

Donations ❤ Apr May June 2025

