

# May 2018

	Mon	Tue	Wed	Thu	Fri	Sat
Join us for our new candle light yoga class. Relax & prepare yourself for the upcoming week.	<b>Adding Barre Fusion to Wednesday Nights at 4pm and moving Yoga to 5pm</b>	1 5:45am TABATA 45 Rotha  5pm Yoga 60 Laura  5:30pm TABATA 45 Rotha	2 5:45am Cardio Madness 45 Thomas ( <b>main studio</b> )  <b>4pm Barre Fusion 55 Annie</b> <b>5pm Strong Slow Flow Yoga Jessica 55</b> 6pm PiYo 45 Shelley	3 5:45am Circuit 45 Hope  5pm Mindful Movement Yoga 60 Dina  5:30pm Circuit 45 Tasha	4 5:45am <b>Yoga for Hips 45 Laura</b>  6pm Xtreme Fitness EXP 30 Rotha	5 8am Xtreme Fitness 45 Hope  9am Strong Slow Flow Yoga 60 Jessica
		6 <b>8PM Candle Light Yoga 60 Dina</b>	7 5:45am Strong & Tone 45 Rotha  4pm Mindful Movement Yoga 55 Dina 5pm Barre Fusion 55 Annie 6pm Strong & Tone 45 Tasha	8 5:45am PiYo 45 Shelley  5pm <b>Yoga for Hips 60 Laura</b>  5:30pm Cardio Circuit 45 Tasha	9 5:45am Yoga 45 Dina  <b>4pm Barre Fusion 55 Annie</b> <b>5pm Strong Slow Flow Yoga Jessica 55</b> 6pm Pilates 45 Ashley	10 5:45am TRX Circuit 45 Rotha  5pm Mindful Movement Yoga 60 Dina  5:30pm TRX Circuit 45 Tasha
13	14 5:45am Strong & Tone 45 Lindsey  4pm Vinyasa Flow Yoga 55 Jessica 5pm Barre Fusion 55 Annie 6pm Strong & Tone 45 Tasha	15 5:45am <b>ROSHA</b> 45  5pm Mindful Movement Yoga 60 Dina  5:30pm <b>ROSHA</b> 45	16 5:45am ASSult 45 Thomas ( <b>yoga studio</b> )  <b>4pm Barre Fusion 55 Annie</b> <b>5pm Strong Slow Flow Yoga Jessica 55</b> 6pm ZUMBA 45 Nadine	17 5:45am Cycle Fusion 45 Rotha  5pm Vinyasa Flow Yoga 60 Jessica  5:30pm Cycle Fusion 45 Tasha	18 5:45am Mindful Movement Yoga 45 Dina  6pm Xtreme Fitness EXP 30 Lindsey	19 <b>OPEN HOUSE 8-11 Mini Classes Chair Massages Q&amp;A with John Dodd PT, MSPT, ATC Lunchbox HQ Meal Samples</b>
20	21 5:45am Strong & Tone 45 Tasha  4pm Mindful Movement Yoga 55 Dina 5pm Barre Fusion 55 Annie 6pm Strong & Tone 45 Rotha	22 5:45am 3-2-1 45 Hope  5pm Yoga 60 Laura  5:30pm 3-2-1 45 Tasha	23 5:45am Yoga 60 Dina  <b>4pm Barre Fusion 55 Annie</b> <b>5pm Strong Slow Flow Yoga Jessica 55</b> 6pm PiYo 45 Shelley	24 5:45am Rope Circuit 45 Tasha  5pm Mindful Movement Yoga 60 Dina  5:30pm Rope Circuit 45 Hope	25 5:45am Xtreme Fitness 45 Tasha	26 8am Xtreme Fitness 45 Lindsey  9am Mindful Movement Yoga 60 Dina
27	28 <b>CLOSED</b>  <b>HAPPY MEMORIAL DAY</b>	29 5:45am PiYo 45 Shelley  5pm Mindful Movement Yoga 60 Dina  5:30pm Circuit 45 Hope	30 5:45am Cardio Madness 45 Thomas ( <b>main studio</b> )  <b>4pm Barre Fusion 55 Annie</b> <b>5pm Yoga 55 Laura</b> 6pm ZUMBA 45 Nadine	31 5:45am STEP 45 Rotha  5pm Mindful Movement Yoga Dina 60  5:30pm <b>Ramped Step Circuit 45 Tasha</b>		

