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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  | **1*** **Spinning 5:30AM**
* **Pickleball 4-7pm**
 | **2*** **Zumba 9:15 AM**
 |
|  |  |  |  |  |  |
| **4*** **Spinning with Kay 5:30AM**
* **Kick Boxing with Kayla 6PM**
* **Zumba 6pm**
 | **5*** **Upper Body Blast w/ Derek 12PM**
* **Live Fit 6PM**
 | **6*** **Spinning with Brett 5:30AM**
* **Y-Fit with Derek 5:15PM**
 | **7*** **Lower Body Blast with Derek 12PM**
* **Spinning 6PM**
 | **8*** **Spinning 5:30AM**
 | **9*** **Zumba 9:15AM**
 |
|  |  |  |  |  |  |
| **11*** **Spinning with Kay 5:30AM**
* **Kick Boxing with Kayla 6PM**
* **Zumba 6pm**
 | **12*** **Upper Body Blast w/ Derek 12PM**
* **Live Fit 6PM**
 | **13*** **Spinning with Brett 5:30AM**
* **Y-Fit with Derek 5:15PM**
 | **14*** **Lower Body Blast with Derek 12PM**
* **Spinning 6PM**
 | **15*** **Spinning 5:30AM**
 | **16*** **Zumba 8:30 AM**
* **THICKfit – Bounce & Fitness Club 9:15 AM**
 |
|  |  |  |  |  |  |
| **18*** **Spinning with Kay 5:30AM**
* **Pickleball 5-8pm**
* **Kick Boxing with Kayla 6PM**
* **Zumba 6pm**
 | **19*** **Pickleball 8-10:30am**
* **Lunch Bunch 11-1pm**
* **Upper Body Blast w/ Derek 12PM**
* **Live Fit 6PM**
 | **20*** **Spinning with Brett 5:30AM**
* **Y-Fit with Derek 5:15PM**
 | **21*** **Pickleball 8-10:30am**
* **Lunch Bunch 11-1pm**
* **Lower Body Blast with Derek 12PM**
* **Spinning 6PM**
 | **22*** **Spinning 5:30AM**
* **Pickleball 4-7pm**
 | **23*** **Zumba 8:30 AM**
* **THICKfit – Bounce & Fitness Club 9:15 AM**
 |
|  |  |  |  |  |  |
| **25*** **Spinning with Kay 5:30AM**
* **Pickleball 5-8pm**
* **Kick Boxing with Kayla 6PM**
* **Zumba 6pm**
 | **26*** **Pickleball 8-10:30am**
* **Lunch Bunch 11-1pm**
* **Upper Body Blast w/ Derek 12PM**
* **Live Fit 6PM**
 | **27*** **Spinning with Brett 5:30AM**
* **Y-Fit with Derek 5:15PM**
 | **28*** **Pickleball 8-10:30am**
* **Lunch Bunch 11-1pm**
* **Lower Body Blast with Derek 12PM**
* **Spinning 6PM**
 | **29*** **Spinning 5:30AM**
* **Pickleball 4-7pm**
 | **30*** **Zumba 8:30 AM**
* **THICKfit – Bounce & Fitness Club 9:15 AM**
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