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| --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **31**   * **Spinning with Kay 5:30AM**   **Zumba 6pm** | **1**   * **Silver Sneakers 10 AM** * **Upper Body Blast w/ Derek 12PM** * **Live Fit 6PM** | **2**   * **Spinning with Brett 5:30AM** * **Y-Fit with Derek 5:15PM** * **6:00 PM Kickboxing w/ Kayla** | **3**   * **10 am SilverSneakers Muscle & Move** * **Lower Body Blast with Derek 12PM** * **Spinning 6PM** | **4**   * **Spinning 5:30AM** | **5**   * **Zumba 8:30 AM** |
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| **7**   * **Spinning with Kay 5:30AM**   **Zumba 6pm** | **8**   * **Silver Sneakers 10 AM** * **Upper Body Blast w/ Derek 12PM** * **Live Fit 6PM** | **9**   * **Spinning with Brett 5:30AM** * **Y-Fit with Derek 5:15PM** * **6:00 PM Kickboxing w/ Kayla** | **10**   * **10 am SilverSneakers Muscle & Move** * **Lunch Bunch 11-1pm** * **Lower Body Blast with Derek 12PM** * **Spinning 6PM** | **11**   * **Spinning 5:30AM** | **12**   * **Zumba 8:30 AM** |
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| **14**   * **Spinning with Kay 5:30AM** * **Zumba 6pm** | **15**   * **Silver Sneakers 10 AM** * **Upper Body Blast w/ Derek 12PM** * **Live Fit 6PM** | **16**   * **Spinning with Brett 5:30AM** * **Y-Fit with Derek 5:15PM** * **6:00 PM Kickboxing w/ Kayla** | **17**   * **10 am SilverSneakers Muscle & Move** * **Lunch Bunch 11-1pm** * **Lower Body Blast with Derek 12PM** * **Spinning 6PM** | **18**   * **Spinning 5:30AM** | **19**   * **Zumba 8:30 AM** |
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| **21**   * **Spinning with Kay 5:30AM** * **Zumba 6pm** | **22**   * **Silver Sneakers 10 AM** * **Lunch Bunch 11-1pm** * **Upper Body Blast w/ Derek 12PM** * **Live Fit 6PM** | **23**   * **Spinning with Brett 5:30AM** * **Y-Fit with Derek 5:15PM** * **6:00 PM Kickboxing w/ Kayla** | **24**   * **10 am SilverSneakers Muscle & Move** * **Lunch Bunch 11-1pm** * **Lower Body Blast with Derek 12PM** * **Spinning 6PM** | **25**   * **Spinning 5:30AM** | **26**   * **Zumba 8:30 AM** |
|  |  |  |  |  |  |
| **28**   * **Spinning with Kay 5:30AM** * **Zumba 6pm** | **29**   * **Silver Sneakers 10 AM** * **Lunch Bunch 11-1pm** * **Upper Body Blast w/ Derek 12PM** * **Live Fit 6PM** | **30**   * **Spinning with Brett 5:30AM** * **Y-Fit with Derek 5:15PM** * **6:00 PM Kickboxing w/ Kayla** | **1**   * **10 am SilverSneakers Muscle & Move** * **Lunch Bunch 11-1pm** * **Lower Body Blast with Derek 12PM** * **Spinning 6PM** | **2**   * **Spinning 5:30AM** | **3**   * **Zumba 8:30 AM** |
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