

May

MON

TUE

WED

THU

FRI

1

0700/1500-MPF
0900-HIIT
1700- MMA
1800- Zumba
1800- Strong Nation
1830-BJJ

2

0700/1500-MPF
1800- Yoga

3

0900-HIIT
1830- BJJ

6

1700-MMA
1800-Strong Nation
1830-BJJ

7

0700/1500-MPF
0900-HIIT
1800- HIIT

8

0700/1500-MPF
0900-HIIT
1700- MMA
1800- Zumba
1800-Strong Nation
1830-BJJ

9

0700/1500-MPF
1800- Yoga

10

0900-HIIT
1830- BJJ

13

1700-MMA
1800-Strong Nation
1830-BJJ

14

0700/1500-MPF
0900-HIIT
1800- HIIT

15

0700/1500-MPF
0900-HIIT
1700- MMA
1800- Zumba
1800-Strong Nation
1830-BJJ

16

0700/1500-MPF
1800- Yoga

17

0900-HIIT
1830- BJJ

20

1700-MMA
1800-Strong Nation
1830-BJJ

21

0700/1500-MPF
0900-HIIT
1800- HIIT

22

0700/1500-MPF
0900-HIIT
1700- MMA
1800- Zumba
1800-Strong Nation
1830-BJJ

23

0700/1500-MPF
1800- Yoga

24

FAMILY DAY
24/7 ACCESS ONLY

27

MEMORIAL DAY
24/7 ACCESS ONLY

28

0700/1500-MPF
0900-HIIT
1800- HIIT

29

0700/1500-MPF
0900-HIIT
1700- MMA
1800- Zumba
1800- Strong Nation
1830-BJJ

30

0700/1500-MPF
1800- Yoga

31

0900-HIIT
1830- BJJ