

MAY

24/7 Access Only on Weekends!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

0600—Spin
1700-MMA

2

0600-ZUMBA
1700-BJJ

3

0600-Yoga
1700-MMA
1800—Zumba

4

1700-BBJ
1800-SPIN

5

8

0600—Spin
1700-MMA

9

0600-ZUMBA
1700-BJJ
1800-HITT

10

0600-Yoga
1700-MMA
1800—Zumba

11

1700-BBJ
1800-SPIN

12

15

0600—Spin
1700-MMA

16

0600-ZUMBA
1700-BJJ
1800-HITT

17

0600-Yoga
1700-MMA
1800—Zumba

18

THIRD
THURSDAY 1700-BBJ
TRAINING DAY
24/7 Access 1800-SPIN
0800-1600

19

22

0600—Spin
1700-MMA

23

0600-ZUMBA
1700-BJJ
1800-HITT

24

0600-Yoga
1700-MMA
1800—Zumba

25

1700-BBJ
1800-SPIN



26

FAMILY DAY
24/7 ACCESS ONLY

29

MEMORIAL DAY
24/7 ACCESS ONLY

30

0600-ZUMBA
1700-BJJ
1800-HITT

31

0600-Yoga
1700-MMA
1800—Zumba