

Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
						1
2	3 6:15am-Class Choice-20/30 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 4pm-Open Studio 5pm-Spin Class-35 min	4	5 6:15am-Spin Class-35 min 7am-Kettlebell Class-20 min 8:15am-Open Studio 9:15am-Silver & Fit-50 min	6 8:45am-HIIT Class-20/35 min 9:30am-Silver & Fit-50 min 10:30am-Yoga Class-35	7	8
9	10 6:15am-Class Choice-20/30 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 4pm-Open Studio 5pm-Spin Class-35 min	11	12 6:15am-Spin Class-35 min 7am-Kettlebell Class-20 min 8:15am-Open Studio 9:15am-Silver & Fit-50 min	13 8:45am-HIIT Class-20/35 min 9:30am-Silver & Fit-50 min 10:30am-Yoga Class-35	14	15
16	17 6:15am-Class Choice-20/30 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 4pm-Open Studio 5pm-Spin Class-35 min	18	19 6:15am-Spin Class-35 min 7am-Kettlebell Class-20 min 8:15am-Open Studio 9:15am-Silver & Fit-50 min	20 8:45am-HIIT Class-20/35 min 9:30am-Silver & Fit-50 min 10:30am-Yoga Class-35	21	22
23	24 6:15am-Class Choice-20/30 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 4pm-Open Studio 5pm-Spin Class-35 min	25	26 8:15am-Open Studio 9:15am-Silver & Fit-50 min	27 8:45am-HIIT Class-20/35 min 9:30am-Silver & Fit-50 min 10:30am-Yoga Class-35	28	29
30	31 6:15am-Class Choice-20/30 min 8:15am-Heart Healthy-50 min 9:15am-Silver & Fit-35 min 4pm-Open Studio 5pm-Spin Class-35 min					

- Participants must sign in prior to the class start time
- Face coverings are not required, but encouraged