



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 NO CLASS	2	3  GROUP TEACH BODY TRANSFORMATION CHALLENGE	4	5 BALANCE STRENGTH ANDSTRETCH	6
7	8 80's High ⚡ Full Arm	9	10 HighLow Full Leg	11	12 HiYo	13
14	15 90's High ⚡ HiYo	16	17 4321	18	19 NO CLASS	20
21	22 Circuits	23	24 HighLow Toning	25	26 YOGA	27
28	29 TABATA	30	31 70's HighLow Toning	1	2	3