

MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29 High HiYo	30	1 TABATA	2	3 BSS	4
5	6 SWIFTY High+ HiYo	7	8 4321	9	10 HiYo & stretch	11
12 Mother's Day	13 High & Toning	14	15 HighLow 100	16	17 No Class	18
19	20 HighLow TABATA	21	22 Circuits	23	24 No Class	25
26	27 No Class Memorial Day	28	29 High & Toning	30	31 Yoga	1

