

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
	5am - Y Ride with Teresa 5am - YFit with Brandie @ 8am - Childwatch @ 8am - HIIT Cycle with Lisa 8:30am - Y Fit with 8:30am - Zumba with	5am - YRide with Brandie 8am - Childwatch @ 8:30am - Strength and 9:45am - Flex Time- 11am - Chair Yoga - Tanya 5pm - Childwatch @	5am - YFit with Luke @ 8am - Childwatch @ 8:30am - YFit with Amy @ 8:30am - Zumba with 9:45am - AOA (Active 5pm - Childwatch @ Main	5am - YRide with Maggie 8am - Childwatch @ 8:30am - Strength and 8:30am - YRIDE/Core with 9:45am - Flex Time - 11am - Yoga - Tanya @	5am - YFit with Maggie @ 8am - Childwatch @ 8am - HIIT Cycle with Lisa 8:30am - Y Fit with Amy @ 8:30am - Zumba with 9:45am - Active Older	8:15am - Y Ride with 9am - Y Fit with Michelle
7	8	9	10	11	12	13
	5am - Y Ride with Teresa 5am - YFit with Brandie @ 8am - Childwatch @ 8am - HIIT Cycle with Lisa 8:30am - Y Fit with 8:30am - Zumba with	5am - YRide with Brandie 8am - Childwatch @ 8:30am - Strength and 9:45am - Flex Time- 11am - Chair Yoga - Tanya 5pm - Childwatch @	5am - YFit with Luke @ 8am - Childwatch @ 8:30am - YFit with Amy @ 8:30am - Zumba with 9:45am - AOA (Active 5pm - Childwatch @ Main	5am - YRide with Maggie 8am - Childwatch @ 8:30am - Strength and 8:30am - YRIDE/Core with 9:45am - Flex Time - 11am - Yoga - Tanya @	5am - YFit with Maggie @ 8am - Childwatch @ 8am - HIIT Cycle with Lisa 8:30am - Y Fit with Amy @ 8:30am - Zumba with 9:45am - Active Older	8:15am - Y Ride with 9am - Y Fit with Michelle
14	15	16	17	18	19	20
	5am - Y Ride with Teresa 5am - YFit with Brandie @ 8am - Childwatch @ 8am - HIIT Cycle with Lisa 8:30am - Y Fit with 8:30am - Zumba with 9:45am - AOA (Active	5am - YRide with Brandie 8am - Childwatch @ 8:30am - Strength and 9:45am - Flex Time- 11am - Chair Yoga - Tanya 5pm - Childwatch @ 5:30pm - Y Sculpt with	5am - YFit with Luke @ 8am - Childwatch @ 8:30am - YFit with Amy @ 8:30am - Zumba with 9:45am - AOA (Active 5pm - Childwatch @ Main 5pm - MetaFit with Teresa	5am - YRide with Maggie 8am - Childwatch @ 8:30am - Strength and 8:30am - YRIDE/Core with 9:45am - Flex Time - 11am - Yoga - Tanya @ 5pm - Childwatch @	5am - YFit with Maggie @ 8am - Childwatch @ 8am - HIIT Cycle with Lisa 8:30am - Y Fit with Amy @ 8:30am - Zumba with 9:45am - Active Older	8:15am - Y Ride with 9am - Y Fit with Michelle
21	22	23	24	25	26	27
	5am - Y Ride with Teresa 5am - YFit with Brandie @ 8am - Childwatch @ 8am - HIIT Cycle with Lisa 8:30am - Y Fit with 8:30am - Zumba with 9:45am - AOA (Active	5am - YRide with Brandie 8am - Childwatch @ 8:30am - Strength and 9:45am - Flex Time- 11am - Chair Yoga - Tanya 5pm - Childwatch @ 5:30pm - Y Sculpt with	5am - YFit with Luke @ 8am - Childwatch @ 8:30am - YFit with Amy @ 8:30am - Zumba with 9:45am - AOA (Active 5pm - Childwatch @ Main 5pm - MetaFit with Teresa	5am - YRide with Maggie 8am - Childwatch @ 8:30am - Strength and 8:30am - YRIDE/Core with 9:45am - Flex Time - 11am - Yoga - Tanya @ 5pm - Childwatch @	5am - YFit with Maggie @ 8am - Childwatch @ 8am - HIIT Cycle with Lisa 8:30am - Y Fit with Amy @ 8:30am - Zumba with 9:45am - Active Older	8:15am - Y Ride with 9am - Y Fit with Michelle
28	29	30	31	1	2	3
	5am - Y Ride with Teresa 5am - YFit with Brandie @ 8am - Childwatch @ 8am - HIIT Cycle with Lisa	5am - YRide with Brandie 8am - Childwatch @ 8:30am - Strength and 9:45am - Flex Time-	8am - Childwatch @ 8:30am - YFit with Amy @ 8:30am - Zumba with 9:45am - AOA (Active	5am - YRide with Maggie	5am - YFit with Maggie @ 8am - Childwatch @ 8am - HIIT Cycle with Lisa 8:30am - Y Fit with Amy @	8:15am - Y Ride with 9am - Y Fit with Michelle