

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
	5am - SPRINT with 8:30am - BodyPump with 10am - AOA: Fit for Life 11:15am - AOA: Chair 5pm - Zumba with Ashley 6pm - BodyPump with	5am - BODYPUMP with 5am - Y Pilates with 8:30am - Zumba with 10am - AOA: Y Flow with 5pm - Les Mills Yoga with 6pm - SPRINT with	5am - SPRINT with 8:30am - BODYPUMP with 10am - AOA: Fit for Life 11:15am - Chair Yoga with 6pm - BodyPump with	5am - BODYPUMP with 8:30am - Y Fit with Krystal 10am - Y Flow with 5pm - Beginner Yoga with 6pm - SPRINT with	5am - SPRINT with 8:30am - BODYPUMP with 10am - AOA: Fit for Life 11:15am - Chair Yoga with	8:30am - BodyPump with 9:35am - Les Mills Yoga
7	8	9	10	11	12	13
	5am - SPRINT with 8:30am - BodyPump with 10am - AOA: Fit for Life 11:15am - AOA: Chair 5pm - Zumba with Ashley 6pm - BodyPump with	5am - BODYPUMP with 5am - Y Pilates with 8:30am - Les Mills Yoga 10am - AOA: Y Flow with 5pm - Les Mills Yoga with 6pm - SPRINT with	5am - SPRINT with 8:30am - BODYPUMP with 10am - AOA: Fit for Life 11:15am - Chair Yoga with 5pm - Zumba with Camille 6pm - BodyPump with	5am - BODYPUMP with 8:30am - Y Fit with Krystal 10am - Y Flow with 5pm - Beginner Yoga with 6pm - SPRINT with	5am - SPRINT with 8:30am - BODYPUMP with 10am - AOA: Fit for Life 11:15am - Chair Yoga with	8:30am - BodyPump with 9:35am - Y Core with
14	15	16	17	18	19	20
	5am - SPRINT with 8:30am - BodyPump with 10am - AOA: Fit for Life 11:15am - AOA: Chair 5pm - Zumba with Ashley 6pm - BodyPump with	5am - BODYPUMP with 5am - Y Pilates with 8:30am - Zumba with 10am - AOA: Y Flow with 5pm - Les Mills Yoga with 6pm - SPRINT with	5am - SPRINT with 8:30am - BODYPUMP with 10am - AOA: Fit for Life 11:15am - Chair Yoga with 5pm - Zumba with Camille 6pm - BodyPump with	5am - BODYPUMP with 8:30am - Y Fit with Krystal 10am - Y Flow with 5pm - Beginner Yoga with 6pm - SPRINT with	5am - SPRINT with 8:30am - BODYPUMP with 10am - AOA: Fit for Life 11:15am - Chair Yoga with	8:30am - BodyPump with 9:35am - Y Core with
21	22	23	24	25	26	27
	5am - SPRINT with 8:30am - BodyPump with 10am - AOA: Fit for Life 11:15am - AOA: Chair 5pm - Zumba with Ashley 6pm - BodyPump with	5am - BODYPUMP with 5am - Y Pilates with 8:30am - Les Mills Yoga 10am - AOA: Y Flow with 5pm - Les Mills Yoga with 6pm - SPRINT with				
28	29	30	31	1	2	3
	5am - SPRINT with 8:30am - BodyPump with 10am - AOA: Fit for Life 11:15am - AOA: Chair 5pm - Zumba with Ashley 6pm - BodyPump with	5am - BODYPUMP with 5am - Y Pilates with 8:30am - Zumba with 10am - AOA: Y Flow with 5pm - Les Mills Yoga with 6pm - SPRINT with		5am - BODYPUMP with 8:30am - Y Fit with Krystal 10am - Y Flow with 5pm - Beginner Yoga with 6pm - SPRINT with	5am - SPRINT with 8:30am - BODYPUMP with 10am - AOA: Fit for Life 11:15am - Chair Yoga with	8:30am - BodyPump with 9:35am - Y Core with