

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1	2	3	4	5	6
	8:15am - Y Ride @ Cycle 8:30am - Y Glide @ Group 9:15am - Women and 9:30am - Restorative 9:30am - Y GLIDE @ 5:30pm - Les Mills	8:30am - Les Mills SPRINT 8:30am - Women and 9:30am - Les Mills 5:30pm - Y GLIDE	8:30am - Muscle Mix @ 9:30am - Therapeutic 10:45am - Y Glide @ 5:30pm - Les Mills	8:30am - Les Mills SPRINT 8:30am - Strength and 5:30pm - Y Glide @ Glide 6:30pm - Line Dancing @	8:15am - Total Body 8:30am - Y GLIDE @ Glide 8:30am - Y Ride @ Cycle 9:30am - Restorative Yoga 9:30am - Y GLIDE @ Glide	8am - Y GLide @ Group X
7	8	9	10	11	12	13
	8:15am - Y Ride @ Cycle 8:30am - Y Glide @ Group 9:15am - Women and 9:30am - Restorative 9:30am - Y GLIDE @ 5:30pm - Les Mills	8:30am - Les Mills SPRINT 8:30am - Women and 9:30am - Les Mills 5:30pm - Y GLIDE	8:30am - Muscle Mix @ 9:30am - Therapeutic 10:45am - Y Glide @ 5:30pm - Les Mills	8:30am - Les Mills SPRINT 8:30am - Strength and 5:30pm - Y Glide @ Glide 6:30pm - Line Dancing @	8:15am - Total Body 8:30am - Y GLIDE @ Glide 8:30am - Y Ride @ Cycle 9:30am - Restorative Yoga 9:30am - Y GLIDE @ Glide	8am - Y GLide @ Group X
14	15	16	17	18	19	20
	8:15am - Y Ride @ Cycle 8:30am - Y Glide @ Group 9:15am - Women and 9:30am - Restorative 9:30am - Y GLIDE @ 5:30pm - Les Mills	8:30am - Les Mills SPRINT 8:30am - Women and 9:30am - Les Mills 5:30pm - Y GLIDE	8:30am - Muscle Mix @ 9:30am - Therapeutic 10:45am - Y Glide @ 5:30pm - Les Mills	8:30am - Les Mills SPRINT 8:30am - Strength and 5:30pm - Y Glide @ Glide 6:30pm - Line Dancing @	8:15am - Total Body 8:30am - Y GLIDE @ Glide 8:30am - Y Ride @ Cycle 9:30am - Restorative Yoga 9:30am - Y GLIDE @ Glide	8am - Y GLide @ Group X
21	22	23	24	25	26	27
	8:15am - Y Ride @ Cycle 8:30am - Y Glide @ Group 9:15am - Women and 9:30am - Restorative 9:30am - Y GLIDE @ 5:30pm - Les Mills	8:30am - Les Mills SPRINT 8:30am - Women and 9:30am - Les Mills 5:30pm - Y GLIDE	8:30am - Muscle Mix @ 9:30am - Therapeutic 10:45am - Y Glide @ 5:30pm - Les Mills	8:30am - Les Mills SPRINT 8:30am - Strength and 5:30pm - Y Glide @ Glide 6:30pm - Line Dancing @	8:15am - Total Body 8:30am - Y GLIDE @ Glide 8:30am - Y Ride @ Cycle 9:30am - Restorative Yoga 9:30am - Y GLIDE @ Glide	8am - Y GLide @ Group X
28	29	30	31	1	2	3
	8:15am - Y Ride @ Cycle 8:30am - Y Glide @ Group 9:15am - Women and 9:30am - Restorative 9:30am - Y GLIDE @ 5:30pm - Les Mills	8:30am - Les Mills SPRINT 8:30am - Women and 9:30am - Les Mills 5:30pm - Y GLIDE	8:30am - Muscle Mix @ 9:30am - Therapeutic 10:45am - Y Glide @ 5:30pm - Les Mills	8:30am - Les Mills SPRINT 8:30am - Strength and 5:30pm - Y Glide @ Glide 6:30pm - Line Dancing @	8:15am - Total Body 8:30am - Y GLIDE @ Glide 8:30am - Y Ride @ Cycle 9:30am - Restorative Yoga 9:30am - Y GLIDE @ Glide	8am - Y GLide @ Group X