

Group Classes

2024 . MAY

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---------------------------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------|------------------------------------------------------------|-----------------------------------------|-----|-----|
| | | 1 9:00a GroupFit 10:00a PulseFit | 2 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit | 3 9:00a GroupFit 10:00a PulseFit | 4 | 5 |
| 6 9:00a GroupFit 10:00a PulseFit 10:30a Yin Yoga 5:30p ReFit | 7 8:00a PulseFit 8:45a PulseFit 11:00 SilverFit 5:30p PulseFit | 8 9:00a GroupFit 10:00a PulseFit | 9 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit | 10 9:00a GroupFit 10:00a PulseFit | 11 | 12 |
| 13 9:00a GroupFit 10:00a PulseFit 10:30a Yin Yoga 5:30p ReFit | 14 8:00a PulseFit 8:45a PulseFit 11:00 SilverFit 5:30p PulseFit | 15 9:00a GroupFit 10:00a PulseFit | 16 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit | 17 9:00a GroupFit 10:00a PulseFit | 18 | 19 |
| 20 9:00a GroupFit 10:00a PulseFit 10:30a Yin Yoga 5:30p ReFit | 21 8:00a PulseFit 8:45a PulseFit 11:00 SilverFit 5:30p PulseFit | 22 9:00a GroupFit 10:00a PulseFit | 23 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit | 24 9:00a GroupFit 10:00a PulseFit | 25 | 26 |
| 27 9:00a GroupFit 10:00a PulseFit 10:30a Yin Yoga 5:30p ReFit | 28 8:00a PulseFit 8:45a PulseFit 11:00 SilverFit 5:30p PulseFit | 29 9:00a GroupFit 10:00a PulseFit | 30 8:00a PulseFit 11:00a SilverFit 5:30p PulseFit | 31 9:00a GroupFit 10:00a PulseFit | | |