

# May 2018 Fitness Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30	<i>2</i> 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	<i>3</i> 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates	<i>4</i> 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30	<i>5</i>
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<i>27</i>	<i>28</i> 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 6:00-6:45 am Aquasthenics 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	<i>29</i> 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates 12:00-12:30 pm Fit in 30	<i>30</i> 5:30-6:15 am Fit Mix Max 6:15-6:45 am Fit Mix 8:30-9:15 am Stretch & Strengthen 9:00-10:00 am Flex & Stretch 12:00-12:30 pm Fit in 30 5:30-6:30 pm PiYo with Jo	<i>31</i> 5:30-6:15 am Cycling 6:00-6:45 am Aquasthenics 8:30-9:15 am Pilates		