

MAY 2017 STUDIO X CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:00 HATHA DEBBIE 9:30 SLOW FLOW MOLLY 10:45 B-BOP MICHAEL	2 8:00 ASHTANGA LAUREN 10:30 SS-STRONG JODI 4:30 YOGA/BARRE LISA	3 9:30 VINYASA MOLLY	4 9:30 CARDIO BOX GYM SHIRIN	5 6:00 ASHTANGA/VINYASA DEBBIE 9:15 SS-CORE SHIRIN 10:05 B-BOP MICHAEL	6 8:15 SS-BLEND SHIRIN 9:00 CARDIO-LT CANCELLED 10:00 YOGA MOMS LAUREN
7	8 6:00 HATHA MICHAEL 9:30 SLOW FLOW KARINA 10:45 B-BOP MICHAEL	9 8:00 ASHTANGA KATHLEEN 10:30 SS-STRONG JODI 4:30 YOGA/BARRE LISA	10 9:30 VINYASA MOLLY	11 9:30 CARDIO BOX GYM SHIRIN	12 6:00 ASHTANGA/VINYASA MICHAEL 9:15 SS-CORE SHIRIN 10:05 B-BOP MICHAEL	13 8:15 SS-BLEND SHIRIN 9:00 CARDIO-LT RUSTY 10:00 YOGA MOMS NANCY
14	15 6:00 HATHA DEBBIE 9:30 SLOW FLOW KARINA 10:45 B-BOP MICHAEL	16 8:00 ASHTANGA MOLLY 10:30 SS-STRONG JODI 4:30 YOGA/BARRE LISA	17 9:30 VINYASA MOLLY	18 9:30 CARDIO BOX GYM SHIRIN	19 6:00 ASHTANGA/VINYASA DEBBIE 9:15 SS-CORE SHIRIN 10:05 B-BOP MICHAEL	20 8:15 SS-BLEND SHIRIN 9:00 CARDIO-LT RUSTY 10:00 YOGA MOMS LAUREN
21	22 6:00 HATHA MICHAEL 9:30 SLOW FLOW KARINA 10:45 B-BOP MICHAEL	23 8:00 ASHTANGA KATHLEEN 10:30 SS-STRONG JODI 4:30 YOGA/BARRE LISA	24 9:30 VINYASA MOLLY	25 9:30 CARDIO BOX CANCELLED	26 6:00 ASHTANGA/VINYASA MICHAEL 9:15 SS-CORE SHIRIN 10:05 B-BOP MICHAEL	27 8:15 SS-BLEND SHIRIN 9:00 CARDIO-LT RUSTY 10:00 YOGA MOMS LAUREN
28	29 <u>CLUB CLOSED</u>	30 8:00 ASHTANGA MOLLY 10:30 SS-STRONG JODI 4:30 YOGA/BARRE LISA	31 9:30 VINYASA MOLLY	CLASS FORMAT GUIDE: CARDIO BOX: PLEASE SEE SHIRIN FOR EQUIPMENT NEEDS SurfSet STRONG: COMBINATION OF STRENGTH TRAINING & CARDIO SurfSet BLEND: BALANCE & WEIGHT WORK (45 min) SurfSet CORE: BALANCE & CORE TRAINING (45 min) SurfSet Build: STRENGTH & CORE B-BOB: BALANCE BODIES FOR OPTIMUM PERFORMANCE (45 min)		ZUMBA MOVED TO FRONT STUDIO AT <u>8:30</u>