

24	25	26	27	28	29	30
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 8:30-9:00 DANCE AEROBICS by Jeanne 9:00-9:30 STRETCH by Jeanne 4:30-5:30 DROP IN CIRCUIT by Justin	3 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 5:00-5:45 POWERSCULPT by Kyoko	4 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH by Jeanne 4:15-5:00 YOGA by Kyoko 4:30-5:30 NO CLASS TODAY	5 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 5:00-5:45 POUND FIT by Justin	6 7:00-8:00 YOGA by Kyoko 9:00-9:30 CHAIR STRETCH by Peggy 9:30-10:00 CHAIR MUSCLE by Peggy NO EVENING CLASS	7 8:00-8:45 YOGA by Kyoko 9:00-9:45 POWERSCULPT by Kyoko
8 CLOSED	9 8:30-9:00 DANCE AEROBICS by Jeanne 9:00-9:30 STRETCH by Jeanne 4:30-5:30 DROP IN CIRCUIT by Kyoko	10 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 5:00-5:45 POWERSCULPT by Kyoko	11 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH by Jeanne 4:15-5:00 YOGA by Kyoko 4:30-5:30 DROP IN CIRCUIT by Steve	12 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 5:00-5:45 NO CLASS TODAY	13 7:00-8:00 YOGA by Kyoko 9:00-9:30 CHAIR STRETCH by Peggy 9:30-10:00 CHAIR MUSCLE by Peggy NO EVENING CLASS	14 8:00-8:45 YOGA by Kyoko 9:00-9:45 JUSTIN TIME CARDIO by Justin
15 CLOSED	16 8:30-9:00 DANCE AEROBICS by Jeanne 9:00-9:30 STRETCH by Jeanne 4:30-5:30 DROP IN CIRCUIT by Steve	17 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 5:00-5:45 POWERSCULPT by Kyoko	18 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH by Jeanne 4:15-5:00 YOGA by Kyoko 4:30-5:30 NO CLASS TODAY	19 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 5:00-5:45 NO CLASS TODAY	20 7:00-8:00 YOGA by Kyoko 9:00-9:30 CHAIR STRETCH by Peggy 9:30-10:00 CHAIR MUSCLE by Peggy NO EVENING CLASS	21 8:00-8:45 YOGA by Kyoko 9:00-9:45 POWERSCULPT by Peggy
22 CLOSED	23 8:30-9:00 DANCE AEROBICS by Jeanne 9:00-9:30 STRETCH by Jeanne 4:30-5:30 DROP IN CIRCUIT by Justin	24 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 5:00-5:45 POWERSCULPT by Kyoko	25 8:30-9:00 DANCE AEROBICS 9:00-9:30 STRETCH by Jeanne 4:15-5:00 YOGA by Kyoko 4:30-5:30 DROP IN CIRCUIT by Steve	26 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 5:00-5:45 POUND FIT by Justin	27 7:00-8:00 YOGA by Kyoko 9:00-9:30 CHAIR STRETCH by Peggy 9:30-10:00 CHAIR MUSCLE by Peggy NO EVENING CLASS	28 8:00-8:45 YOGA by Kyoko 9:00-9:45 JUSTIN TIME CARDIO by Justin
29 CLOSED	30 MEMORIAL DAY HOURS; 8 AM-4PM NO CLASSES 	31 9:00-9:30 ADVANCED STEP 9:30-10:00 POWERSCULPT 10:00-10:30 YOGA FLOW by Peggy 5:00-5:45 POWERSCULPT by Kyoko	1 2 <b>Notice: Wednesday Yoga Class has a new starting time of <u>4:15</u></b> 		3 	4