

May 2024

AEROBICS ROOM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Apr 28	29	30	May 1	2	3	4
8 AM Private Class (HS) ↻	8 AM Walk Away the Poi ↻ 11 AM Pilates-Susan Kapl ↻ 2 PM Private Class (CM) ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 6:30 PM 🧘 YOGA PM ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 12:15 PM PT ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Walk Away the Poi ↻ 9 AM 🧘 Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Funhouse ↻
5	6	7	8	9	10	11
8 AM Private Class (HS) ↻	8 AM Walk Away the Poi ↻ 11 AM Pilates-Susan Kapl ↻ 2 PM Private Class (CM) ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 6:30 PM 🧘 YOGA PM ↻	6 AM 🧘 Yoga ↻ 8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 11 AM Yoga-Susan Kapl ↻ 12:15 PM PT ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Walk Away the Poi ↻ 9 AM 🧘 Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Funhouse ↻
12	13	14	15	16	17	18
8 AM Private Class (HS) ↻	8 AM Walk Away the Poi ↻ 11 AM Pilates-Susan Kapl ↻ 2 PM Private Class (CM) ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 6:30 PM 🧘 YOGA PM ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 11 AM Yoga-Susan Kapl ↻ 12:15 PM PT ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Walk Away the Poi ↻ 9 AM 🧘 Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Funhouse ↻
19	20	21	22	23	24	25
8 AM Private Class (HS) ↻	8 AM Walk Away the Poi ↻ 11 AM Pilates-Susan Kapl ↻ 2 PM Private Class (CM) ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 6:30 PM 🧘 YOGA PM ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 11 AM Yoga-Susan Kapl ↻ 12:15 PM PT ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Walk Away the Poi ↻ 9 AM 🧘 Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Funhouse ↻
26	27	28	29	30	31	Jun 1
8 AM Private Class (HS) ↻	8 AM Walk Away the Poi ↻ 11 AM Pilates-Susan Kapl ↻ 2 PM Private Class (CM) ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 6:30 PM 🧘 YOGA PM ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻ 11 AM Yoga-Susan Kapl ↻ 12:15 PM PT ↻	8 AM Walk Away the Poi ↻ 9 AM Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Walk Away the Poi ↻ 9 AM 🧘 Strength & Balance ↻ 10 AM Walk Off the Poi ↻	8 AM Funhouse ↻