

MAY Group Fitness Schedule



Fairchild Fitness Ctr - 92 FSS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2
				ZUMBA 1100-1200 (Amy) YOGA 1215-1315 (STEPHANIE)	HYBRID HIIT 1000-1045 (Kae) POWER & PROGRESS 1100-1200 (Kae)
4	5	6	7	8	9
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	 POWER & PROGRESS 1700-1745 (Kae)	WT FLOOR TRAINING 1100-1145 (Amy) POWER PUMP 1200-1245 (Amy)	YOGA 1700-1745 (Stephanie) HYBRID HIIT 1800-1845 (Kae)	ZUMBA 1100-1200 (Amy)	HYBRID HIIT 1000-1045 (Kae) POWER & PROGRESS 1100-1200 (Kae)
11	12	13	14	15	16
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	 POWER & PROGRESS 1700-1745 (Kae)	WT FLOOR TRAINING 1100-1145 (Amy) POWER PUMP 1200-1245 (Amy)	YOGA 1700-1745 (Stephanie) HYBRID HIIT 1800-1845 (Kae)	ZUMBA 1100-1200 (Amy)	HYBRID HIIT 1000-1045 (Kae) POWER & PROGRESS 1100-1200 (Kae)
18	19	20	21	22	23
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	 POWER & PROGRESS 1700-1745 (Kae)	WT FLOOR TRAINING 1100-1145 (Amy) POWER PUMP 1200-1245 (Amy)	YOGA 1700-1745 (Stephanie) HYBRID HIIT 1800-1845 (Kae)	ZUMBA 1100-1200 (Amy)	HYBRID HIIT 1000-1045 (Kae) POWER & PROGRESS 1100-1200 (Kae)
25	26	27	28	29	30
NO CLASS HOLIDAY	 POWER & PROGRESS 1700-1745 (Kae)	WT FLOOR TRAINING 1100-1145 (Amy) POWER PUMP 1200-1245 (Amy)	YOGA 1700-1745 (Stephanie) HYBRID HIIT 1800-1845 (Kae)	ZUMBA 1100-1200 (Amy)	HYBRID HIIT 1000-1045 (Kae) POWER & PROGRESS 1100-1200 (Kae)