

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	2  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	3  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	4  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	5  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
6  Run on the Rocks 9:30am// Bootcamp on the Rocks	7  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151	8  4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	9  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	10  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	11  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	12  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
13 <b>MOTHER'S DAY</b>  Run on the Rocks 9:30am// Bootcamp on the Rocks	14  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151	15  4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	16  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	17  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	18  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	19  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
20  Run on the Rocks 9:30am// Bootcamp on the Rocks	21  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5pm// 6-Pack Abs 5:30pm// Cardio Chisel with a Twist 6:30pm// Step 151 (DJ RICKI)	22  4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	23  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	24  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist	25  5:30am// Morning Buzz 10am// Combo (Bar-Tending & Step 151)	26  8am// Bootcamp on the Rocks 9am// 6-Pack Abs 9:15am// Step 151
27  Run on the Rocks 9:30am// Bootcamp on the Rocks	28 <b>MEMORIAL DAY</b>  <b>HOLIDAY SCHEDULE:</b> 9am// Bootcamp on the Rocks 10am// 6-Pack Abs 10:15am// Step 151	29  4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Tabata Tuesday	30  5:30am// Morning Buzz 10am// Bootcamp on the Rocks 12pm// Bootcamp on the Rocks 5:30pm// Bar-tending 6:30pm// Step 151	31  12pm// Bootcamp on the Rocks 4:35/5:05/5:35pm// Spin Mixology <i>(sign up required)</i> 6pm// Cardio Chisel with a Twist		