

## May 2017 - Zenergy Group Fitness Schedule

### Monday

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6:30-7:25am	BODYPUMP (Anna, Zack, Emily, Kim)	
8:00-8:55am	Zumba (Priscilla)	
9:00-9:55am	Step (Kim)	
10:00-10:55am	Pilates Mat Int/Advanced (Zoe)	
11:30-11:55am	BODYCOMBAT (Anna)	
12:00-12:30pm	CXWORX (Tim)	
12:35-1:25pm	Zen Roller (Tim)	
3:00-3:55pm	\$Soo Bahk Do / Tiger Tots (Oliver)	last class May 29
4:00-5:25pm	\$ Soo Bahk Do / Karate Kids (Oliver)	last class May 29

### Tuesday

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8:00-8:55am	Ballet Barre Works (Erin)	
9:00-9:55am	BODYPUMP (Emily)	
10:00-10:30am	CXWORX (Emily)	
10:30-11:30am	\$ Free Your Sole! (Sean Patrick)	May 9, 11, 16 & 18
12:00-12:55pm	BODYPUMP (Anna)	
4:30-5:25pm	Pilates Mat Beg/Int (Zoe)	

### Wednesday

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6:30-7:25am	Body Sculpt (Alexa)	
9:00-9:55am	Zumba (Casey)	
10:00-10:55am	Pilates Mat Int/Advanced (Emily)	
12:00-12:30pm	CXWORX (Tim)	
6:15-7:25pm	Private Group	

### Thursday

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8:00-8:55am	Ballet Barre Works (Erin)	
9:00-9:55am	BODYPUMP (Anna)	
10:30-11:30am	\$ Free Your Sole! (Sean Patrick)	May 9, 11, 16 & 18
12:00-12:55pm	BODYPUMP (Emily)	
2:00-2:55pm	Pilates Mat Beg/Int. (Deborah)	
4:00-5:25pm	\$Soo Bahk Do / Karate Kids (Oliver)	last class May 29

### Friday

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6:30-7:25am	Dry Land Training (Alexa / Kristen)	Outside - meet in Lobby
9:00-9:55am	BODYATTACK (Anna/Kim)	
10:00-10:55am	Pilates Mat Int/Advanced (Emily)	
11:30-11:55am	BODYCOMBAT (Anna)	
12:00-12:30pm	CXWORX (Emily)	
12:30-1:00pm	Stretch (Emily)	Last Class May 7

### Saturday

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7:45-8:40am	BODYPUMP (Anna)	
9:00-9:55am	Pilates Mat (Zoe)	
10:00-10:55am	BODYPUMP (Zack)	

### Sunday

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10:00-10:55am	Ballet Barre Works (Peter)	
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