

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> 9-10am Yoga with Evelyn -  11am-Noon Zumba with Suzanne	<b>2</b> 6pm Ballroom Dancing with Juan	<b>3</b> 8:30-9:30am Spinning with Missy
<b>4</b>	<b>5</b>	<b>6</b> 9-10am Yoga with Brina -  11am-Noon Zumba with Suzanne	<b>7</b> 6:30-7:30pm Spinning with Angelia	<b>8</b> 9-10am Yoga with Evelyn -  11am-Noon Zumba with Suzanne	<b>9</b> 6pm Ballroom Dancing with Juan	<b>10</b> 8:30-9:30am Spinning with Missy
<b>11</b>		<b>13</b> 9-10am Yoga with Brina -  11am-Noon Zumba with Suzanne	<b>14</b> 6:30-7:30pm Spinning with Angelia	<b>15</b> 9-10am Yoga with Evelyn -  11am-Noon Zumba with Suzanne	<b>16</b> 6pm Ballroom Dancing with Juan	<b>17</b> 8:30-9:30am Spinning with Angelia
	<b>19</b>	<b>20</b> 9-10am Yoga with Brina -  11am-Noon Zumba with Suzanne	<b>21</b> 6:30-7:30pm Spinning with Angelia	<b>22</b> 9-10am Yoga with Evelyn -  11am-Noon Zumba with Suzanne	<b>23</b> 6pm Ballroom Dancing with Juan	<b>24</b> 8:30-9:30am Spinning with Missy
<b>25</b>		<b>27</b> 9-10am Yoga with Brina -  11am-Noon Zumba with Suzanne	<b>28</b> 6:30-7:30pm Spinning with Angelia		<p><b>No Time? No Problem!</b>  <b>Fitness in Thirty Minutes...</b>                      If you're short on time but committed to fitness, create your own personal fitness plan.                      - See Nick or Fred Now -</p>	