



# Adult Classes

# MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						<b>1</b> No Classes
<b>2</b> Lower Body Blaster @ 5:30 AM Kettlebells @ 6:00 PM	<b>3</b> Strength & Power @ 5:30 AM Functional HIIT @ 6:00 PM	<b>4</b> Kettlebells @ 5:30 AM Kettlebells @ 6:00 PM	<b>5</b> Strength & Power @ 5:30 AM Strength & Power @ 6:00 PM	<b>6</b> Upper Body Blaster @ 5:30 AM	<b>7</b> Run   Bike   Hike @ 9:00 AM	<b>8</b> No Classes
<b>9</b> Lower Body Blaster @ 5:30 AM Kettlebells @ 6:00 PM	<b>10</b> Strength & Power @ 5:30 AM Functional HIIT @ 6:00 PM	<b>11</b> Kettlebells @ 5:30 AM Kettlebells @ 6:00 PM	<b>12</b> Strength & Power @ 5:30 AM Strength & Power @ 6:00 PM	<b>13</b> Upper Body Blaster @ 5:30 AM	<b>14</b> Run   Bike   Hike @ 9:00 AM	<b>15</b> No Classes
<b>16</b> Lower Body Blaster @ 5:30 AM Kettlebells @ 6:00 PM	<b>17</b> Strength & Power @ 5:30 AM Functional HIIT @ 6:00 PM	<b>18</b> Kettlebells @ 5:30 AM Kettlebells @ 6:00 PM	<b>19</b> Strength & Power @ 5:30 AM Strength & Power @ 6:00 PM	<b>20</b> Upper Body Blaster @ 5:30 AM	<b>21</b> Run   Bike   Hike @ 9:00 AM	<b>22</b> No Classes
<b>23</b> Lower Body Blaster @ 5:30 AM Kettlebells @ 6:00 PM	<b>24</b> Strength & Power @ 5:30 AM Functional HIIT @ 6:00 PM	<b>25</b> Kettlebells @ 5:30 AM Kettlebells @ 6:00 PM	<b>26</b> Strength & Power @ 5:30 AM Strength & Power @ 6:00 PM	<b>27</b> Upper Body Blaster @ 5:30 AM	<b>28</b> Run   Bike   Hike @ 9:00 AM	<b>29</b> No Classes
<b>30</b> Lower Body Blaster @ 5:30 AM Kettlebells @ 6:00 PM	<b>31</b> Strength & Power @ 5:30 AM Functional HIIT @ 6:00 PM					