



Adult Classes

MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>Kettlebell Cardio @ 5:30 AM</p> <p>Kettlebell Cardio @ 6:00 PM</p>	<p>2</p> <p>Functional Strength & Conditioning @ 5:30 AM</p> <p>Functional Cross Strength Training @ 6:00 PM</p>	<p>3</p> <p>Cookin' with Brandon Upper Body Madness @ 5:30 AM</p>	<p>4</p> <p>NO CLASSES</p>
<p>5</p> <p>NO CLASSES</p>	<p>6</p> <p>Cookin' with Brandon Lower Body Madness @ 5:30 AM</p> <p>Functional HIIT @ 6:00 PM</p>	<p>7</p> <p>Functional Strength & Conditioning @ 5:30 AM</p> <p>Tabata Strength and Conditioning @ 6:00 PM</p>	<p>8</p> <p>Kettlebell Cardio @ 5:30 AM</p> <p>Kettlebell Cardio @ 6:00 PM</p>	<p>9</p> <p>Functional Strength & Conditioning @ 5:30 AM</p> <p>Functional Cross Strength Training @ 6:00 PM</p>	<p>10</p> <p>Cookin' with Brandon Upper Body Madness @ 5:30 AM</p>	<p>11</p> <p>NO CLASSES</p>
<p>12</p> <p>NO CLASSES</p>	<p>13</p> <p>Cookin' with Brandon Lower Body Madness @ 5:30 AM</p> <p>Functional HIIT @ 6:00 PM</p>	<p>14</p> <p>Functional Strength & Conditioning @ 5:30 AM</p> <p>Tabata Strength and Conditioning @ 6:00 PM</p>	<p>15</p> <p>Kettlebell Cardio @ 5:30 AM</p> <p>Kettlebell Cardio @ 6:00 PM</p>	<p>16</p> <p>Functional Strength & Conditioning @ 5:30 AM</p> <p>Functional Cross Strength Training @ 6:00 PM</p>	<p>17</p> <p>Cookin' with Brandon Upper Body Madness @ 5:30 AM</p>	<p>18</p> <p>NO CLASSES</p>
<p>19</p> <p>NO CLASSES</p>	<p>20</p> <p>Cookin' with Brandon Lower Body Madness @ 5:30 AM</p> <p>Functional HIIT @ 6:00 PM</p>	<p>21</p> <p>Functional Strength & Conditioning @ 5:30 AM</p> <p>Tabata Strength and Conditioning @ 6:00 PM</p>	<p>22</p> <p>Kettlebell Cardio @ 5:30 AM</p> <p>Kettlebell Cardio @ 6:00 PM</p>	<p>23</p> <p>Functional Strength & Conditioning @ 5:30 AM</p> <p>Functional Cross Strength Training @ 6:00 PM</p>	<p>24</p> <p>Cookin' with Brandon Upper Body Madness @ 5:30 AM</p>	<p>25</p> <p>NO CLASSES</p>
<p>26</p> <p>NO CLASSES</p>	<p>27</p> <p>Cookin' with Brandon Lower Body Madness @ 5:30 AM</p> <p>Functional HIIT @ 6:00 PM</p>	<p>28</p> <p>Functional Strength & Conditioning @ 5:30 AM</p> <p>Tabata Strength and Conditioning @ 6:00 PM</p>	<p>29</p> <p>Kettlebell Cardio @ 5:30 AM</p> <p>Kettlebell Cardio @ 6:00 PM</p>	<p>30</p> <p>Functional Strength & Conditioning @ 5:30 AM</p> <p>Functional Cross Strength Training @ 6:00 PM</p>	<p>31</p> <p>Cookin' with Brandon Upper Body Madness @ 5:30 AM</p>	