

MAY

Group Fitness Schedule



Fairchild Fitness Ctr - 92 FSS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4
		POWER PUMP 1100-1145 (Amy) WT MACHINE TRAINING 1200-1245 (Amy)		REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	FIT SPLIT 0900-0945 (Bradley) STRENGTH + MOBILITY 1000-1045 (Bradley) DIRTY 30 1100-1130 (Bradley)
6	7	8	9	10	11
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)		NO CLASS		REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	FIT SPLIT 0900-0945 (Bradley) STRENGTH + MOBILITY 1000-1045 (Bradley) DIRTY 30 1100-1130 (Bradley)
13	14	15	16	17	18
REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)		POWER PUMP 1100-1145 (Amy) WT MACHINE TRAINING 1200-1245 (Amy)		REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	FIT SPLIT 0900-0945 (Bradley) STRENGTH + MOBILITY 1000-1045 (Bradley) DIRTY 30 1100-1130 (Bradley)
20	21	22	23	24	25
REVIVE 1000-1045 (Amy) ZUMBA 1100-1145 (Amy) WT MACHINE TRAINING 1200-1245 (Amy)		REVIVE 1000-1045 (Amy)		NO CLASS FAMILY DAY	FIT SPLIT 0900-0945 (Bradley) STRENGTH + MOBILITY 1000-1045 (Bradley) DIRTY 30 1100-1130 (Bradley)
27	28	29	30	31	1
NO CLASS HOLIDAY	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1830 (Bradley)	POWER PUMP 1100-1145 (Amy) WT MACHINE TRAINING 1200-1245 (Amy)	FIT SPLIT 1645-1730 (Bradley) STRENGTH + MOBILITY 1730-1830 (Bradley)	REVIVE 1000-1045 (Amy) ZUMBA 1100-1200 (Amy)	