

# May



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>Aqua</h1>		1	2	3	4
<p><b>ALL BOGA CLASSES ARE FREE TO OUR MEMBERS! (Limit 8) Arrive 10 mins early.</b></p>		<p>8-Aqua Spin- DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs &amp; Buns- MM <b>6:30-Aqua Tri- MM</b></p>	<p>8:30-H2Otherapy- JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy- MM 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>8-Aqua Spin- MM 8:30-H2Otherapy- MK 9-Liquid Cardio- MM 10-Yoga/Stretch-KEL <b>10-Boga Basics/Stretch-MK</b></p>	<p>8-Intense Cardio- CD</p>
<p>6 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy-JEN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio-LC <b>7:30 Boga Basics-MM</b> 8-AD H2Otherapy-LC</p>	<p>7 8:30-H2Otherapy-JEN 9:30-Intense Cardio- MM 10:30-H2Otherapy- MD <b>10:30-Aqua Tri- MM</b></p>	<p>8 8-Aqua Spin- DAN 8:30-H2Otherapy- MK <b>9-Deep Water Dance-KEL</b> 10-Pilates- KEL 5:30-Abs&amp; Buns- MM <b>6:30-Aqua Tri- MM</b></p>	<p>9 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>10 8-Aqua Spin- MK 8:30-H2Otherapy- JEN 9-Liquid Cardio- MK 10-Yoga/Stretch-MK <b>10-NO Boga Class</b></p>	<p>11 8-Intense Cardio- CD</p>
<p>13 8-Aqua Spin-MD 8:30-H2Otherapy- DP 9-Liquid Cardio- MD 10-Circuits-JEN 10:30-H2Otherapy-KEL 5:30-Intense Cardio-MM 6:30-Aqua Spin- MM 7-Liquid Cardio- LC <b>7:30 Boga Basics-MM</b> 8-AD H2Otherapy- LC</p>	<p>14 8:30-H2Otherapy-JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy- MM <b>10:30-Aqua Tri- KEL</b></p>	<p>15 8-Aqua Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates- MD 5:30-Abs&amp; Buns- MM <b>6:30-Aqua Tri- MM</b></p>	<p>16 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- MD 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>17 8-Aqua Spin-DAN 8:30-H2Otherapy- MM <b>9-Deep Water Dance-KEL</b> 10-Yoga/Stretch-KEL <b>10-Boga Basics/Stretch-MM</b></p>	<p>18 8-Intense Cardio- CD</p>
<p>20 8-Aqua Spin-MD 8:30-H2Otherapy-DP 9-Liquid Cardio-MD 10-Circuits-KEL 10:30-H2Otherapy-JEN 5:30-Intense Cardio-MM 6:30-Aqua Spin-MM 7-Liquid Cardio- LC <b>7:30 Boga Basics-MM</b> 8-AD H2Otherapy- LC</p>	<p>21 8:30-H2Otherapy-JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy- MK <b>10:30-Aqua Tri- MM</b></p>	<p>22 8-Aqua Spin- DAN 8:30-H2Otherapy-MK 9-Liquid Cardio-MD 10-Pilates- MD 5:30-Abs&amp; Buns-MM <b>6:30-Aqua Tri- MM</b></p>	<p>23 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy- KEL 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>24 8-Aqua Spin-MM 8:30-H2Otherapy-DAN 9-Liquid Cardio- MM 10-Yoga/Stretch-MD <b>10-Boga Basics/Stretch-MM</b></p>	<p>25 8-Intense Cardio- CD</p>
<p>27 <b>HAPPY MEMORIAL DAY!</b></p>	<p>28 8:30 H2Otherapy-JEN 9:30-Intense Cardio-MM 10:30-H2Otherapy-MK <b>10:30-Aqua Tri- MM</b></p>	<p>29 8-Aqua Spin-DAN 8:30-H2Otherapy-MD 9-Liquid Cardio- MK 10-Pilates-MD 5:30-Abs &amp; Buns-MM <b>6:30-Aqua Tri- MM</b></p>	<p>30 8:30-H2Otherapy-MM 9:30-Intense Cardio-MM 10:30-H2Otherapy-JEN 7-Liquid Cardio-CD 8-H2Otherapy-CD</p>	<p>31 8-Aqua Spin-MD 8:30-H2Otherapy- MK <b>9-Deep Water Dance-KEL</b> 10-Yoga/Stretch- KEL 10-Boga Basics/Stretch-MK</p>	<p>Water shoes highly recommended for classes -Must have 6 people to sustain classes.</p>