

May 2024—Classes

	MONDAY'S	TUESDAY'S STRENGTH	1 WEDNESDAY'S Mobility/Outdoors	2 THURSDAY'S Strength / HIIT	3 FRIDAY'S	4 SATURDAY'S HIIT
			5:30 ZOOM Mobility/ Flex	5:30—6:10 Zoom		7:00 HIIT Zoom
5	6	7 5:30—6:10 Zoom	8 5:15 Oakwood Re- verse loop	9 5:30—6:10 Zoom	10	11 7:00 HIIT Zoom
12 	13	14 5:30—6:10 Zoom	15 5:30-6:10 Zoom Mo- bility/Flex	16 5:30—6:10 Zoom	17	18 7:00 HIIT Zoom
19	20	21 5:30—6:10 Zoom	22 5:15 Barns Bluff?	23 5:30—6:10 Zoom	24	25 7:00 HIIT Zoom
26	27 MEMORIAL DAY 	28 5:30—6:10 Zoom	29 5:30 Pool TBD	30 5:30—6:10 Zoom	31	18 Classes total for May to choose from.