

# MAY

## THREE SPRINGS ROAD

# 2024



	MON	TUE	WED	THU	FRI	SAT
5:15-6:15 AM	Tabata-Carrie (5/6 & 5/27 only)  <u>Spin w/ Beth 5/6, 5/20</u>  <u>Spin w/ Regina 5/13</u>	Power Up+Kickboxing  -Allison	Butts "N" Guts  -Carrie  <u>Spin</u> <u>-Beth</u>		<u>*Spin</u>  -Regina (5/3, 5/10, 5/31)	
8:30-9:30 AM	Power Up  -Tina	Spin  -Chandler	Bootcamp  -Tina	Spin -Chandler  Zumba -Ana	F.I.T.  -Ana	Spin  -Chandler  *Beth 5/18
9:30-10:30 AM	Spin  -Tina	Tabata +  -Chandler	Spin  -Tina	Pump It Up  -Chandler	Spin  -Beth	
5:30-6:30 PM	Zumba  -Ana	Explosive Fitness  Danny	Power Up +Tabata  -Regina			