

	Mon	Tue	Wed	Thu	Fri	1
	<b>Studio 1</b> <b>The Haven Yoga Studio</b> <b>The Loft Cycle Studio</b>	<b>The Tides Indoor Pool</b> Basketball Court	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <h2 style="margin: 0;">May 2021 Group Ex</h2> </div>		The Haven Yoga Studio is Closed for Teacher Training →	8:30 Yoga Emily 8:30 HIIT IT! Taylor 9:00 Sprint Paige 9:45 BP Amelia 9:45 BF Adrienne 10:00 Water Sherri
2 1:00 BP Judson 2:00 Holy Yoga Kelly  The Haven Yoga Studio is Closed  No Virtual Classes	3 8:30 FC Mica 9:45 Deep Stretch Mica 9:45 Sprint Deanna 9:45 Core Yoga Heidi 10:00 Water Sabrina 11:30 PT: Stretch & Flex Corrin  5:30 BP Heidi 6:00 Sprint Paige 6:45 LesMills Core Heidi 7:30 BF Renee	4 5:30 N10c Annie 8:30 FS Diana 8:30 Gentle Yoga Corrin 9:45 BP Amelia 9:45 Yogalates Jill 12:00 BF Heidi  5:30 Cardio Bootcamp Taylor 6:45 Gentle Yoga Emily 7:00 Water Sherri	5 5:15 BPX Stacey 8:30 FC Mica 9:45 HIIT IT! Deanna 10:00 Water Sabrina 11:00 Slow Flow & Stretch Corrin 12:00 BP/Core Heidi 5:30 Athletic Training Paige 5:30 Cardio Yoga Taylor 6:45 BP Paige 6:45 Slow Flow & Stretch Corrin	6 5:30 N10c Annie 9:45 BP Heidi 9:45 Slow Flow Detox Corrin 9:45 Sprint Amelia  5:30 HIIT IT! Paige 5:30 Gentle Yoga Christine 6:00 Sprint Kristin 6:45 Core 45 Heidi 6:45 BF Adrienne 7:00 Water Victoria	7 8:30 20/20/20 Mica 8:30 Gentle Yoga Heidi 9:45 Athletic Training Deanna 9:45 BF Heidi 10:00 Water Sherri 11:30 PT: Balance & Coordination Sherri	8 8:30 Yoga Emily 8:30 HIIT IT! Taylor 9:00 Sprint Paige 9:45 BP Amelia 9:45 BF Renee 10:00 Water Sabrina
9 1:00 BP Judson 2:00 Holy Yoga Kelly	10 8:30 FC Mica 9:45 Deep Stretch Mica 9:45 Sprint Deanna 9:45 Core Yoga Christine 10:00 Water Joan 11:30 PT: Stretch & Flex Corrin  5:30 BP Heidi 6:00 Sprint Paige 6:45 LesMills Core Heidi 7:30 BF Adrienne	11 5:30 N10c Annie 8:30 FS Lisa 8:30 Gentle Yoga Corrin 9:45 BP Amelia 9:45 Yogalates Jill 12:00 BF Heidi  5:30 Cardio Bootcamp Taylor 6:45 Gentle Yoga Emily 7:00 Water Sherri	12 5:15 BPX Stacey 8:30 FC Mica 9:45 HIIT IT! Deanna 10:00 Water Sabrina 11:00 Slow Flow & Stretch Corrin 12:00 BP/Core Heidi 5:30 Athletic Training Paige 5:30 Cardio Yoga Taylor 6:45 BP Paige 6:45 Slow Flow & Stretch Corrin	13 5:30 N10c Annie 9:45 BP Heidi 9:45 Slow Flow Detox Corrin 9:45 Sprint Deanna  5:30 HIIT IT! Paige 5:30 Gentle Yoga Christine 6:00 Sprint Kristin 6:45 Core 45 Paige 6:45 BF Renee 7:00 Water Victoria	14 8:30 20/20/20 Diana 8:30 Gentle Yoga Corrin 9:45 Cardio Yoga Taylor 9:45 BF Adrienne 10:00 Water Sherri 11:30 PT: Balance & Coordination Sherri	15 8:30 Yoga Emily 8:30 HIIT IT! Paige 9:00 Sprint Kristin 9:45 BP Amelia 9:45 BF Adrienne 10:00 Water Sherri
16 1:00 BP Judson 2:00 Holy Yoga Kelly	17 8:30 FC Mica 9:45 Deep Stretch Mica 9:45 Sprint Deanna 9:45 Core Yoga Christine 10:00 Water Sherri 11:30 PT: Stretch & Flex Corrin  5:30 BP Heidi 6:00 Sprint Paige 6:45 LesMills Core Heidi 7:30 BF Adrienne	18 5:30 N10c Annie 8:30 FS Diana 8:30 Gentle Yoga Corrin 9:45 BP Amelia 9:45 Yogalates Jill 12:00 BF Heidi  5:30 Cardio Bootcamp Taylor 6:45 Gentle Yoga Emily 7:00 Water Sherri	19 5:15 BPX Stacey 8:30 FC Mica 9:45 HIIT IT! Deanna 10:00 Water Sabrina 11:00 Slow Flow & Stretch Corrin 12:00 BP/Core Heidi 5:30 Athletic Training Paige 5:30 Cardio Yoga Taylor 6:45 BP Paige 6:45 Slow Flow & Stretch Corrin	20 5:30 N10c Annie 9:45 BP Heidi 9:45 Slow Flow Detox Corrin 9:45 Sprint Deanna  5:30 HIIT IT! Paige 5:30 Gentle Yoga Christine 6:00 Sprint Kristin 6:45 Core 45 Heidi 6:45 BF Renee 7:00 Water Victoria	21 8:30 20/20/20 Mica 8:30 Gentle Yoga Heidi 9:45 Athletic Training Deanna 9:45 BF Heidi 10:00 Water Sherri 11:30 PT: Balance & Coordination Sherri	22 8:30 Yoga Emily 8:30 HIIT IT! Taylor 9:00 Sprint Paige 9:45 BP Amelia 9:45 BF Renee 10:00 Water Sabrina  The Haven Yoga Studio is Closed for Teacher Training No Virtual Classes
23 1:00 BP Judson 2:00 Holy Yoga Kelly  The Haven Yoga Studio is Closed  No Virtual Classes	24 8:30 FC Mica 9:45 Deep Stretch Mica 9:45 Sprint Deanna 9:45 Core Yoga Christine 10:00 Water Joan 11:30 PT: Stretch & Flex Corrin 5:30 BP Heidi 6:00 Sprint Paige 6:45 LesMills Core Heidi 7:30 BF Adrienne	25 5:30 N10c Annie 8:30 FS Diana 8:30 Gentle Yoga Corrin 9:45 BP Amelia 9:45 Yogalates Jill 12:00 BF Heidi  5:30 Cardio Bootcamp Taylor 6:45 Gentle Yoga Emily 7:00 Water Sherri	26 5:15 BPX Stacey 8:30 FC Mica 9:45 HIIT IT! Deanna 10:00 Water Sabrina 11:00 Slow Flow & Stretch Corrin 12:00 BP/Core Heidi 5:30 Athletic Training Paige 5:30 Cardio Yoga Taylor 6:45 BP Paige 6:45 Slow Flow & Stretch Corrin	27 5:30 N10c Annie 9:45 BP Heidi 9:45 Slow Flow Detox Corrin 9:45 Sprint Deanna  5:30 HIIT IT! Paige 5:30 Gentle Yoga Christine 6:00 Sprint Kristin 6:45 Core 45 Heidi 6:45 BF Renee 7:00 Water Victoria	28 8:30 20/20/20 Diana 8:30 Gentle Yoga Heidi 9:45 Cardio Yoga Taylor 9:45 BF Heidi 10:00 Water Sherri 11:30 PT: Balance & Coordination Sherri	29 8:30 Yoga Emily 8:30 HIIT IT! Taylor 9:00 Sprint Paige 9:45 BP Amelia 9:45 BF Adrienne 10:00 Water Sherri
30 1:00 BP Judson 2:00 BF Renee	31 8:30 Fit Cardio Mica 9:00 Sprint Paige 9:45 BP Paige 9:45 90 Min Yoga Corrin 10:00 Water Joan 11:30 PT: Stretch & Flex Corrin					