


































# MAY 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30AM	6:15-7:15AM 24/7 ACCESS REQUIRED 	6:15-7AM 24/7 ACCESS REQUIRED Strength Development 	6:30-7AM 24/7 ACCESS REQUIRED 	6:15-7AM 24/7 ACCESS REQUIRED Strength Development 		
8:00AM	8:30-9:30AM 		8:30-9:30AM 		8:30-9:30AM 	
8:30AM	8:30-9AM 	8:30-9AM 				
9:00AM	9:05-10:05AM 	9:00-9:30AM 	9:05-10:05AM 	9AM-9:45AM 	9:05-10:05AM 	
10:15AM	10:15-11:15AM 	10:15-11:15AM 	10:15-11AM 	10:15-11:15AM 	10:15-11:15AM 	10:15-11AM Strength Development  Shapes 
12:10PM	12:10-12:50PM 	12:10-12:50PM 	12:10-12:50PM 	12:10-12:50PM 	12:10-12:50PM 	
4:30PM		4:30-5:30 			<b>ACTIVE KID CARE HOURS:</b> <ul style="list-style-type: none"> <li>MONDAY- FRIDAYS- 8:30AM-11:30AM</li> <li>MONDAY-WEDNESDAY 5:10P-7PM</li> </ul>	
5:30PM	5:30-6:30PM 	5:30-6PM 	5:30-6PM 	5:30PM-6PM 	<b>TUESDAY (12:10PM) CLASS:</b> <ul style="list-style-type: none"> <li>BODY STEP – 4/28, 5/5, 5/19</li> <li>SPRINT- 5/12, 5/26</li> </ul> <b>SATURDAY (10:15PM) CLASS:</b> <ul style="list-style-type: none"> <li>STRENGTH DEVELOPMENT – 5/9, 5/30</li> <li>SHAPES- 5/2, 5/23</li> </ul>	
6:00PM			6:05-6:50PM 	6:05-6:45PM 		

## CLASS CANCELLATIONS

- 5/8 - No CORE CLASS AT 12:10PM
- 5/11 - 10:15AM NO BODYBALANCE
- 5/16 - NO SATURDAY CLASS
- 5/19 - NO BODYCOMBAT AT 5:30PM

## CLASS CHANGES

- 5/12- 8:30AM CORE WILL BE SHAPES
- 5/15 - 8:30AM CORE WILL BE SHAPES
- 5/19 - 8:30AM CORE WILL BE SHAPES

ANY ADDITIONAL CHANGES WILL BE NOTIFIED VIA EMAIL LIST AND SIGNAGE IN FACILITY.