


# Workouts Unlimited Group X Classes May 2023

Class Descriptions are on the back side!

Check website [www.workoutsunlimited.com](http://www.workoutsunlimited.com) for updates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p style="text-align: right;">1</p> <p>8:30am- Spin-Amy 10:15am-SS Combo-Amy 4:00pm-Sculpt-Kadi- <b>Triceps &amp; Hamstrings</b> 5:30pm- Yoga-Lis</p>	<p style="text-align: right;">2</p> <p>5:00am-Spin-Kadi 8:30am-Sculpt-Amy <b>10:00am-Yoga- Kadi</b> 5:30pm- Sculpt-Courtney</p>	<p style="text-align: right;">3</p> <p>8:30am-TRX-Kadi 9:30am-SS Combo-Kadi 5:30pm-Yoga-Lis</p>	<p style="text-align: right;">4</p> <p>5:00am-Sculpt-Kadi- <b>Shoulders &amp; Inner Thighs</b> 8:30am- Spin Fusion-Amy <b>10:00am-Yoga-Kadi</b> 4:30pm- Sculpt- Courtney</p>	<p style="text-align: right;">5</p> <p>5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy</p>	<p style="text-align: right;">6</p> <p>5:00am-Spin-Kadi  8:30am-Yoga-Lis</p>
	<p style="text-align: right;">8</p> <p>8:30am- Spin-Amy 10:15am-SS Combo-Amy 4:00pm-Sculpt-Kadi- <b>Chest &amp; Quads</b> 5:30pm- Yoga-Lis</p>	<p style="text-align: right;">9</p> <p>5:00am-Spin-Kadi 8:30am-Sculpt-Amy <b>10:00am-Yoga- Kadi</b> 5:30pm- Sculpt-Courtney</p>	<p style="text-align: right;">10</p> <p>8:30am- TRX-Kadi 9:30am-SS Combo-Kadi <b>4:15pm-Spin-Amy</b> 5:30pm-Yoga-Lis</p>	<p style="text-align: right;">11</p> <p>5:00am-Sculpt-Kadi- <b>Arms &amp; Abs</b> 8:30am- Spin Fusion-Amy <b>10:00am-Yoga-Kadi</b> 4:30pm- Sculpt- Courtney</p>	<p style="text-align: right;">12</p> <p>5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy</p>	<p style="text-align: right;">13</p> <p>5:00am- Spin-Kadi  8:30am- Yoga- Lis</p>
	<p style="text-align: right;">15</p> <p>8:30am- Spin-Amy 10:15am-SS Combo-Amy <b>4:00pm-Sculpt-Kadi- Shoulders &amp; Inner Thighs</b> 5:30pm- Yoga-Lis</p>	<p style="text-align: right;">16</p> <p>5:00am- Spin-Kadi 8:30am-Sculpt-Amy <b>10:00am-Yoga- Kadi</b> 5:30pm-Sculpt-Courtney</p>	<p style="text-align: right;">17</p> <p>8:30am- TRX- Kadi 9:30am-SS Combo-Kadi 5:30pm-Yoga-Lis</p>	<p style="text-align: right;">18</p> <p>5:00am-Sculpt-Kadi- <b>Chest &amp; Quads</b> 8:30am- Spin Fusion-Amy <b>10:00am-Yoga-Kadi</b> 4:30pm- Sculpt- Courtney</p>	<p style="text-align: right;">19</p> <p>5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch- Allison 10:15am-SS Combo-Amy</p>	<p style="text-align: right;">20</p> <p style="text-align: center;"><b>Dala Horse Trot!</b></p> <p style="text-align: center;"><b>NO CLASSES</b></p>
	<p style="text-align: right;">22</p> <p>8:30am- Spin-Amy 10:15am-SS Combo-Amy 4:00pm-Sculpt-Kadi- <b>Back &amp; Glutes</b> 5:30pm- Yoga- Lis</p>	<p style="text-align: right;">23</p> <p>5:00am- Spin-Kadi 8:30am-Sculpt-Amy <b>10:00am-Yoga- Kadi</b> 5:30pm- Sculpt-Courtney</p>	<p style="text-align: right;">24</p> <p>8:30am- TRX-Kadi 9:30am-SS Combo-Kadi <b>4:15pm-Spin-Amy</b> 5:30pm-Yoga-Lis</p>	<p style="text-align: right;">25</p> <p>5:00am-Sculpt-Kadi- <b>Triceps &amp; Hamstrings</b> 8:30am- Spin Fusion-Amy 4:30pm- Sculpt- Courtney</p>	<p style="text-align: right;">26</p> <p>5:00am-TRX-Kadi 8:30am-Sculpt-Allison 9:15am-Stretch-Allison 10:15am-SS Combo-Amy</p>	<p style="text-align: right;">27</p> <p>5:00am-Spin-Kadi  8:30am- Yoga- Lis</p>
	<p style="text-align: right;">29</p> <p style="text-align: center;"><b>Happy Memorial Day!</b></p> <p style="text-align: center;"><b>NO CLASSES</b></p>	<p style="text-align: right;">30</p> <p>5:00am- Spin-Kadi 8:30am-Sculpt-Amy <b>10:00am-Yoga- Kadi</b> 5:30pm- Sculpt-Courtney</p>	<p style="text-align: right;">31</p> <p>8:30am-TRX-Kadi 9:30am-SS Combo-Kadi 5:30pm-Yoga-Lis</p>			

**All classes, times and instructors are subject to change and/or cancellation.**