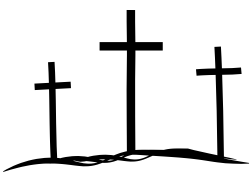



# APRIL GROUP X CLASSES

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for updates!

2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>31 <b>Happy Easter!</b></p> 	<p>1 <b>NO CLASSES!</b></p>	<p>2 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH <b>6:30PM-HIGH FITNESS-KATIE</b></p>	<p>3 5:30AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 5:30PM-YOGA-LIS</p>	<p>4 5:00AM-SCULPT-KADI <b>BUTTS &amp; GUTS</b> 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-KADI 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE</p>	<p>5 5:00AM-TRX-KADI 8:30AM-SCULPT-<b>JO</b> 9:15-STRETCH-<b>JO</b> 10:30AM-SS COMBO-AMY</p>	<p>6 5:30AM-SPIN-KADI 8:30AM-YOGA-LIS</p>
<p>7</p>	<p>8 5:30AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-<b>KADI</b> 4:00PM-SCULPT-KADI <b>OUTTER/ BACK</b> 5:30PM-YOGA-LIS</p>	<p>9 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH <b>6:30PM-HIGH FITNESS-KATIE</b></p>	<p>10 5:30AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI <b>4:15PM-SPIN-AMY</b> 5:30PM-YOGA-LIS</p>	<p>11 5:00AM-SCULPT-KADI <b>CHEST &amp; QUADS</b> 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-KADI 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE</p>	<p>12 5:00AM-TRX-KADI 8:30AM-SCULPT-ALLISON 9:15-STRETCH-ALLISON 10:30AM-SS COMBO-AMY</p>	<p>13 5:30AM-SPIN-KADI 8:30AM-YOGA-LIS</p>
<p>14</p>	<p>15 5:30AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI <b>HAMS &amp; CHEST</b> 5:30PM-YOGA-LIS</p>	<p>16 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH <b>6:30PM-HIGH FITNESS-KATIE</b></p>	<p>17 5:30AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI 5:30PM-YOGA-LIS</p>	<p>18 5:00AM-SCULPT-KADI <b>SHOULDERS &amp; OUTER</b> 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-KADI 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE</p>	<p>19 5:00AM-TRX-KADI 8:30AM-SCULPT-ALLISON 9:15-STRETCH-ALLISON 10:30AM-SS COMBO-AMY</p>	<p>20 5:30AM-SPIN-KADI 8:30AM-YOGA-LIS</p>
<p>21</p>	<p>22 5:30AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI <b>BI'S &amp; TRI'S</b> 5:30PM-YOGA-LIS</p>	<p>23 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH <b>6:30PM-HIGH FITNESS-KATIE</b></p>	<p>24 5:30AM-PILATES-JO 8:30AM-TRX-KADI 10:30AM-SS COMBO-KADI <b>4:15PM-SPIN-AMY</b> 5:30PM-YOGA-LIS</p>	<p>25 5:00AM-SCULPT-KADI <b>BACK &amp; CORE</b> 8:30AM-SPIN FUSION-AMY 10:00AM-YOGA-KADI 4:30PM-SCULPT-ISAIAH 6:00PM-HIGH FITNESS-KATIE</p>	<p>26 5:00AM-TRX-KADI 8:30AM-SCULPT-ALLISON 9:15-STRETCH-ALLISON 10:30AM-SS COMBO-AMY</p>	<p>27 5:30AM-SPIN-KADI 8:30AM-YOGA-LIS</p>
<p>28</p>	<p>29 5:30AM-PILATES-JO 8:30AM-SPIN-AMY 10:30AM-SS COMBO-AMY 4:00PM-SCULPT-KADI <b>SHOULDERS &amp; INNER</b> 5:30PM-YOGA-LIS</p>	<p>30 5:00AM-SPIN-KADI 8:30AM-SCULPT-AMY 10:00AM-YOGA-KADI 5:30PM-SCULPT-ISAIAH <b>6:30PM-HIGH FITNESS-KATIE</b></p>				

ALL CLASSES TIMES AND INTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.

# FEBRUARY GROUP X CLASSES

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/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	2

ALL CLASSES TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.

# MARCH GROUP X CLASSES

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

/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25 	26 <b>5:30AM PILATES-JO</b> 8:30 SPIN-AMY 9:30AM PILATES-TRICIA 10:30AM SS COMBO-AMY 4:00PM SCULPT-KADI 5:30PM YOGA-LIS	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6

ALL CLASSES TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.

# APRIL GROUP X CLASSES

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

/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

ALL CLASSES TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.

# MAY GROUP X CLASSES

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/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 	29	30	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

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# JUNE GROUP X CLASSES

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

/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26 	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

ALL CLASSES TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.

# JULY GROUP X CLASSES

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

/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

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# AUGUST GROUP X CLASSES

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/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

ALL CLASSES TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.



# SEPTEMBER GROUP X CLASSES

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/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

ALL CLASSES TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.

# OCTOBER GROUP X CLASSES

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/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

ALL CLASSES TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.

# NOVEMBER GROUP X CLASSES

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

/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

ALL CLASSES TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.

# DECEMBER GROUP X CLASSES

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/ 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

ALL CLASSES TIMES AND INSTRUCTORS ARE SUBJECT TO CHANGE OR CANCELLATION.