

MAY - 2019 -- NORTHHILL

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
CYCLE 08:45 AM		GeT Ripped 09:30 AM		CYCLE 09:15 AM		TKO 09:30 AM		CYCLE 09:15 AM		TKO 09:00 AM		Force 09:00 AM	
06	Marisa B	07	Philomena V	01	Marisa B	02	Ron C	03	Lindsey W	04	Ron C	05	Diana S
13	Dorthea B	14	Dorthea B	08	Marisa B	09	Ron C	10	Lindsey W	11	Ron C	12	Patti H
20	NO CLASS	21	Philomena V	15	Marisa B	16	Ron C	17	Lindsey W	18	NO CLASS	19	Judy R
27	Marisa B	28	Philomena V	22	Marisa B	23	Ron C	24	Lindsey W	25	Ron C	26	Patti H
Force 09:30 AM		ABSolution 30 4:00 PM		Zumba^ 09:30 AM		Master* Mobility 11:00 AM		Zumba^ 09:30 AM		CYCLE 09:15 AM		Zumba^ 10:00 AM	
06	Francesca R	07	Evie W	01	Jumana A	02	Anthony H	03	Kim T	04	Jose B	05	Jessica M
13	Francesca R	14	Evie W	08	Jumana A	09	Anthony H	10	Kim T	11	Jose B	12	Mariane* B
20	Rachel D	21	Evie W	15	Jumana A	16	Anthony H	17	Kim T	18	Jose B	19	Jessica M
27	Patti H	28	Evie W	22	Jumana A	23	Anthony H	24	Kim T	25	Jose B	26	Jessica M
YOGA 4:30 PM		Force 4:30 PM		YOGA 4:30 PM		Force 4:30 PM		CYCLE 4:45 PM		Master Mobility 30 10:05 AM		YOGA 11:15 AM	
06	Rob W	07	Evie W	01	Gary C	02	Sara S	03	Matthew W	04	Ron C	05	Gita G
13	Rob W	14	Evie W	08	Gary C	09	Sara S	10	Matthew W	11	Ron C	12	Gita G
20	NO CLASS	21	Evie W	15	Gary C	16	Patti H	17	Matthew W	18	NO CLASS	19	Gita G
27	Rob W	28	Evie W	22	Cristina C	23	Sara S	24	Matthew W	25	Ron C	26	Gita G
CYCLE 4:45 PM		Zumba^ 5:30 PM		CYCLE 4:45 PM		Zumba^ 5:30 PM		Force 5:30 PM		Zumba^ 10:40 AM			
06	Lindsey W	07	Kim T	01	Lindsey W	02	Jumana A	03	Diana S	04	Noy W		
13	Lindsey W	14	Kim T	08	Lindsey W	09	Jumana A	10	Diana S	11	Noy W		
20	NO CLASS	21	Kim T	15	Lindsey W	16	Jumana A	17	Philomena V	18	Noy W		
27	Lindsey W	28	Kim T	22	Lindsey W	23	Jumana A	24	Diana S	25	Noy W		
LIFT 5:30 PM		CYCLE 5:30 PM		Rush 5:30 PM		CYCLE 5:30 PM				YOGA 11:45 AM			
06	Jeff E	07	Judy R	01	Lindsey W	02	Matthew W	03	Jeremy M	04	Rob W		
13	Jeff E	14	Heather t	08	Lindsey W	09	Patti H			11	Rob W		
20	Jeff E	21	Jessica (BHC) M	15	Lindsey W	16	Patti H			18	Jaimee S		
27	Jeff E	28	Jessica (BHC) M	22	Lindsey W	23	Patti H			25	Jaimee S		
Zumba^ 6:30 PM		ABSolution 30 6:30 PM		Strong by Zumba 6:30 PM		ABSolution 30 6:30 PM							
06	Michelle B	07	Jeff E	01	Hiroe B	02	Jumana A	NEW Get Ripped is a total body workout that will blast fat, rev up your heart rate, and redefine your body.					
13	Michelle B	14	Jeff E	08	Hiroe B	09	Jumana A						
20	NO CLASS	21	Jeff E	15	Hiroe B	16	Jumana A						
27	Michelle B	28	Jeff E	22	Hiroe B	23	Jumana A						
		YOGA 7:15 PM		29	Hiroe B	30	Jumana A						
				YOGA 7:15 PM		02	Rob W						
						09	Rob W						
						16	Rob W						
						23	Rob W						
						30	Rob W						