MAY - 2019 -- SUNRIDGE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fire 09:30 AM 06 Kandi L 13 Kandi L 20 **NO CLASS** 27 Kandi L **Force express 4:45 PM** 06 **TBA** 13 **TBA** 20 **NO CLASS** 27 Jerremy M **Zumba^ 5:30 PM** 06 Vanessa H 13 Vanessa H 20 **NO CLASS** 27 Jerremy M	**STEP 09:30 AM** 07 Kandi L 14 Kandi L 21 Kandi L 28 Kandi L **Strong by Zumba 5:30 PM** 07 Constanza S 14 Constanza S 21 Constanza S 28 Constanza S	**StepMix 09:30 AM** 01 Cindy W 08 Cindy W 15 Cindy W 22 Cindy W 29 Cindy W **Force 5:30 PM** 01 Danielle S 08 Danielle S 15 Danielle S 22 Danielle S 29 Danielle S	**MetX & Core 09:30 AM** 02 Fook S 09 Fook S 16 Fook S 23 Fook S 30 Fook S **Master* Mobility 4:45 PM** 02 Eric B 09 Eric B 16 Eric B 23 Eric B 30 Eric B **Zumba^ 5:30 PM** 02 Sam G 09 Kelli H 16 Kelli H 23 Jerremy M 30 Jerremy M	**Fire/Get Ripped 09:30 AM** 03 Jumana A 10 Jumana A 17 Jumana A 24 Jumana A 31 Jumana A	**Zumba^ 09:30 AM** 04 Charmaine T 11 Charmaine T 18 Charmaine T 25 Charmaine T **TKO 10:30 AM** 04 Jacelyn O 11 Jacelyn O 18 Jacelyn O 25 Jacelyn O	

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NEW Get Ripped
is a total body workout that will blast fat, rev up your heart rate, and redefine your body.