

FREE CLASSES

MAY 1-31, ON US!

Dance MIXX = Cardio and Strength



May Class Schedule

Mondays – 9am (gym) 515pm (fs), 615pm (fs)

Tuesdays – 9am (gym), 410pm (fs), 515pm (ts)

Wednesdays - 9am (gym) 515pm (fs), 615pm (fs)

Thursdays - 9am (gym), 410pm (fs), 515pm (ts)

Fridays – 515pm (fs)



Saturdays – 715am (fs) 10:15am (ts) Sundays 915am (fs)