



MAY '24

MONDAY

**5 AM RISE AND SHINE
8:30 AM INTERVAL TRAINING
4:30 PM DANCE & TONE
5:30 PM TONE IT WITH TYRA**

TUESDAY

**8:30 AM SPIN
9:30 AM PILATES BARRE YOGA
4:30 PM SPIN
5:30 PM YOGA**

WEDNESDAY

**5 AM WAKE UP AND WORKOUT
8:30 AM DANCE & TONE
4:30 PM WEIGHTS CIRCUIT
5:30 PM SPIN**

THURSDAY

**8:30 AM LIFT IT
5:30 PM JUST DANCE**

FRIDAY

**5 AM GET UP AND GEAUX
8:30 AM SPIN OR KOMBO**

SATURDAY

***4TH INTERVAL W/ MANDY
11TH INTERVAL W/ ANGIE
18TH BOOTY BARRE W/ANITA
25TH SPIN W/KALLIE***

SUMMER SCHEDULE STARTS MON MAY 27TH