



# MAY '25

**\*\* THIS LASTS UNTIL MAY 24<sup>TH</sup> \*\***

## **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**

## **WEDNESDAY**

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

## **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**

***3<sup>RD</sup> INTERVAL TRAINING W/ MANDY  
10<sup>TH</sup> SPIN W/ MANDY  
17<sup>TH</sup> POUND THEN PILATES W/ KALLIE  
24<sup>TH</sup> DANCE & TONE W/ ANGIE  
31<sup>ST</sup> INTERVAL TRAINING W/ TYRA***