



MAY '26

MONDAY

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

TUESDAY

**8:30 AM SPIN
9:30 AM PILATES & BARRE
4:30 PM SPIN
5:30 PM ACTIVE AGING *LAST CLASS MAY 12TH*
5:30 PM WATER AEROBICS *STARTS MAY 26TH***

WEDNESDAY

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

THURSDAY

**8:30 AM LEAN AND LIFT W/ MELANIE
4:30 PM DANCE & TONE
5:30 PM SPIN W/ TYRA**

FRIDAY

**5 AM GET UP AND GEAUX
8:30 AM SPIN OR KOMBO
9:30 AM ACTIVE AGING *LAST CLASS MAY 15TH*
9 AM WATER AEROBICS *STARTS MAY 29TH***

SATURDAY

**2ND KICK W/ MANDY
9TH PILATES & BARRE W/ ANITA
16TH KOMBO W/ KALLIE
23RD SPIN W/ TYRA
30TH DANCE W/ ANGIE**

SUMMER SCHEDULE STARTS TUES MAY 26TH