

Sunday 13		Monday 14		Tuesday 15		Wednesday 16		Thursday 17		Friday 18		Saturday 19	
3:00 PM BodyStep	Scott	6:00 AM Cycle	Wendy	6:00 AM Kickboxing	Ron	6:00 AM BodyPump	Tom K.	9:30 AM Kickboxing	Ron	8:30 AM BodyPump	Naomi	9:00 AM Step Challenge	Dawn
3:00 PM RPM	Anita	8:30 AM BodyPump	Tom K.	9:30 AM BodyStep	Lilian	8:30 AM BodyStep	Naomi	10:30 AM Pilates (2)	Vicki	9:00 AM H2O Aerobics	Susan	9:00 AM Cycling	Kris
3:30 PM PiYO(90min)	Vicki	9:00 AM H2O Aerobics	Susan	9:30 AM Cycling	Morgan	9:00 AM H2O Aerobics	Susan	11:00 AM BodyPump	Anna Dunn	9:30 AM BodyStep	Kim	9:30 AM Water Aerobics	Peaches
4:00 PM BodyPump	Lilian	9:30 AM BodyAttack	Lilian	10:30 AM Pilates (2)	Morgan	9:30 AM BodyPump	Kim	4:45 PM BodyPump	Lauren	9:30 AM Cycle	Dena	10:05 AM BodyPump	Jessica
5:00 PM Zumba	Tanessa	10:30 AM Pilates (2)	Vicki	4:45 PM BodyPump	Robyn	11:00 AM BodyVive	Donna	6:00 PM Zumba	Wonder	9:30AM Yoga/Stretch (2)	Heather	10:05AM BodyFlow (2)	Keven
		11:00 AM 20/20/20	Heather	5:15 PM RPM	Anita	5:00 PM BodyStep	Keven	6:15 PM Water Aerobics	Peaches	10:35AM 20/20/20	Heather	11:35 AM Yoga (60min)	Anita
		5:00 PM BodyStep	Kathy	6:00 PM Step Challenge	Joy M.	6:00 PM Kickboxing	Ron			5:30 PM Quad Step	Robyn	11:15 AM Jujitsu/Karate	RJ
		6:00 PM Kickboxing	Ron	6:15 PM Yoga (75min)(2)	<b>TBD</b>	6:00 PM Cycling	Dena						
		6:30 PM Water Aerobics	Marie	7:00 PM Zumba	Tanessa								
7:00 PM BodyPump	Jessica												
Sunday 20		Monday 21		Tuesday 22		Wednesday 23		Thursday 24		Friday 25		Saturday 26	
3:00 PM BodyStep	Scott	6:00 AM Cycle	Wendy	6:00 AM Kickboxing	Ron	6:00 AM BodyPump	Tom K.	9:30 AM Kickboxing	Ron	8:30 AM BodyPump	Naomi	9:00 AM Step Challenge	Darise
3:00 PM RPM	Anita	8:30 AM BodyPump	Tom K.	9:30 AM BodyStep	Tom K.	8:30 AM BodyStep	Naomi	10:30 AM Pilates (2)	Debbie	9:00 AM H2O Aerobics	Susan	9:00 AM Cycling	Kris
3:30 PM PiYO(90min)	Vicki	9:00 AM H2O Aerobics	Susan	9:30 AM Cycling	Morgan	9:00 AM H2O Aerobics	Susan	11:00 AM BodyPump	Alison	9:30 AM BodyStep	Kim	9:30 AM Water Aerobics	Peaches
4:00 PM BodyPump	Lilian	9:30 AM BodyAttack	Lilian	10:30 AM Pilates (2)	Morgan	9:30 AM BodyPump	Kim	4:45 PM BodyPump	Jessica	9:30 AM Cycle	Dena	10:05 AM BodyPump	Tom K.
5:00 PM Zumba	Tanessa	10:30 AM Pilates (2)	Vicki	4:45 PM BodyPump	Robyn	11:00 AM BodyVive	Donna	6:00 PM Zumba	Wonder	9:30AM Yoga/Stretch (2)	Heather	10:05AM BodyFlow (2)	Keven
		11:00 AM 20/20/20	Heather	5:15 PM RPM	Anita	5:00 PM BodyStep	Keven	6:15 PM Water Aerobics	Peaches	10:35AM 20/20/20	Heather	11:35 AM Yoga (60min)	Anita
		5:00 PM BodyStep	Kathy	6:00 PM Step Challenge	Darise	6:00 PM Kickboxing	Ron			5:30 PM Step Challenge	Anthony	11:15 AM Jujitsu/Karate	RJ
		6:00 PM Kickboxing	Ron	6:15 PM Yoga (75min)(2)	Susan	6:00 PM Cycling	Kris						
		6:30 PM Water Aerobics	Marie	7:00 PM Zumba	Tanessa								
7:00 PM BodyPump	Jessica												
Sunday 27		Monday 28		Tuesday 29		Wednesday 30		<p align="center"><b>Club Hours:</b>  <b>Monday-Thursday 5:00am-10:00pm</b>  <b>Friday 5:00am-9:00pm</b>  <b>Saturday-Sunday 8:00am-7:00pm</b></p> <p align="center"><b>Kid's Club Hours:</b>  <b>Monday-Friday 8:15am-12:15pm</b>  <b>Monday-Thursday 4:00pm-8:00pm</b>  <b>Saturday 8:45am-1:00pm</b></p> <p align="center"><b>Class Locator Key:</b>  <b>{2} =Downstairs Mind/Body Studio</b></p> <p align="center"><b>Regional GGX Director:</b>  <b>Autumn Spence</b>  <b>Aspence@GoldsGym.Net</b></p>					
3:00 PM BodyStep	Scott	6:00 AM Cycle	Wendy	6:00 AM Kickboxing	Ron	6:00 AM BodyPump	Tom K.						
3:00 PM RPM	Anita	8:30 AM BodyPump	Tom K.	9:30 AM BodyStep	Lilian	8:30 AM BodyStep	Naomi						
4:00 PM BodyPump	Lilian	9:00 AM H2O Aerobics	Susan	9:30 AM Cycling	Morgan	9:00 AM H2O Aerobics	Susan						
5:00 PM Zumba	Tanessa	9:30 AM BodyAttack	Lilian	10:30 AM Pilates (2)	Morgan	9:30 AM BodyPump	Kim						
		10:30 AM Pilates (2)	Vicki	4:45 PM BodyPump	Robyn	11:00 AM BodyVive	Donna						
		11:00 AM 20/20/20	Heather	5:15 PM RPM	Anita	5:00 PM BodyStep	Keven						
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