

MAY 2023

Strength and Cardio

MAY 1

BARRE WITH ANN - 39
34 MIN

MAY 3

SMALL THINGS BARRE WITH CALLIE - 5
39 MIN

MAY 5

UPPER BODY STRONG WITH ANN - 6
19 MIN

MAY 6

QUICK CARDIO WITH MEGAN
17 MIN

MAY 8

BARRE WITH JASMINE - 6
34 MIN

MAY 10

NEW SURPRISE CLASS!

MAY 12

QUICKIE YOGA WITH AMY
20 MIN

MAY 13

30 MIN BARRE WITH BREE
32 MIN

MAY 15

CARDIO BARRE WITH TAFT
27 MIN

MAY 16

QUICKIE BARRE WITH CALLIE
19 MIN

MAY 18

GLUTES AND ABS WITH EMILY
26 MIN

MAY 20

NEW SURPRISE CLASS!
LIVE!

MAY 22

NEW SURPRISE CLASS!

MAY 24

YOGA WITH AMY - 5
34 MIN

MAY 25

UPPER BODY STRONG WITH CALLIE
16 MIN

MAY 27

FINAL SURPRISE CLASS!

FIT AS *tuck!*