

MAY 2017

Absolute Fitness

Class Calendar

<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>
1 5:30 am Body Sculpting/Spin Trisha	2 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	3 5:30 am Body Sculpting/Spin Trisha	4 5:30 am Body Sculpting/Spin Trisha	5
8 5:30 am Body Sculpting/Spin Trisha	9 5:30 am Body Sculpting/Spin Trisha	10 5:30 am Body Sculpting/Spin Trisha	11 5:30 am Body Sculpting/Spin Trisha	12
15 5:30 am Body Sculpting/Spin Trisha	16 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	17 5:30 am Body Sculpting/Spin Trisha	18 5:30 am Body Sculpting/Spin Trisha	19
22 5:30 am Body Sculpting/Spin Trisha	23 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	24 5:30 am Body Sculpting/Spin Trisha	25 5:30 am Body Sculpting/Spin Trisha	26
29 5:30 am Body Sculpting/Spin Trisha	30 5:30 am Body Sculpting/Spin Trisha 6:00 am Spin Marty	31 5:30 am Body Sculpting/Spin Trisha	JUNE 1 5:30 am Body Sculpting/Spin Trisha	2

Spin with Marty, Brenda and Trisha. You decide how hard you want to work! You have the potential to burn up to 750 calories in one 45minute class. No experience necessary