




# Pointe Fitness and Training Center MAY 2017 Group Fitness and SPINNING Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>*****</p> <p><b>NOTE: NO ZUMBA CLASS ON THE 7th</b></p> <p><b>NOTE: NO BUFF BODY CLASS ON THE 26th</b></p>	<b>1-May</b>	<b>2-May</b>	<b>3-May</b>	<b>4-May</b>	<b>5-May</b>	<b>6-May</b>
	5:45 AM -SPINNING -AnnMarie 5:30 AM -PIYO - TRACY 8:30 AM -TNT -VAL 10:00 AM-Circuit-Christina 6:00 PM-Abs/Glutes- CATE 6:30 PM -MIXXEDFIT-EDDIE 7:30 PM - YOGA - CASSIE	5:30 AM-TNT- AnnMarie 8:30 am - BARRE- SUSAN 4:30 PM - YOGA - ELLIE 6:00 PM -Kickbox - CHRISTY <u>7:00 PM SPINNING- NINO</u> 7:00 PM -TNT- ROSA ZUMBA - 8:00 PM - JENNA	5:45 AM-SPINNING-COLLEEN 5:30 AM - BARRE	8:30 AM - YOGA - DONNIE 10:00 AM-Buffer Body-Christina 5:00 PM - YOGA - CASSIE 6:00 PM -PILATES- ROSA	5:30 AM-TNT-TONI 8:30 AM - Circuit -SUSAN 9:30 am Daily Dose - SUSAN 4:30 PM - YOGA - ELLIE 6:30 PM -FUSION - TRACY <u>7:00 PM SPINNING- VAL</u> ZUMBA - 8:00 PM - JENNA	5:30 AM -STEP/Cardio-TRACY 8:30 AM-Buffer Body-Christina 9:45 AM - YOGA - DONNIE
<b>7-May</b>	<b>8-May</b>	<b>9-May</b>	<b>10-May</b>	<b>11-May</b>	<b>12-May</b>	<b>13-May</b>
9:00 AM-CardioMix- CHRISTY 10:00 AM -Pilates- CATE <u>10:00 AM SPINNING-COLLEEN</u> *** 11:00 AM - NO ZUMBA ***	5:45 AM -SPINNING -AnnMarie 5:30 AM -PIYO - TRACY 8:30 AM -TNT -VAL 10:00 AM-Circuit-Christina 6:00 PM-Abs/Glutes- CATE 6:30 PM -MIXXEDFIT-EDDIE 7:30 PM - YOGA - CASSIE	5:30 AM-TNT-TRACY 8:30 am - BARRE- SUSAN 4:30 PM - YOGA - ELLIE 6:00 PM -Kickbox - CHRISTY <u>7:00 PM SPINNING- NINO</u> 7:00 PM -TNT- ROSA ZUMBA - 8:00 PM - JENNA	5:45 AM-SPINNING-COLLEEN 5:30 AM - BARRE - AnnMarie 8:30 AM - YOGA - DONNIE 10:00 AM-Buffer Body-Christina 5:00 PM - YOGA - CASSIE 6:00 PM -PILATES- ROSA	5:30 AM-TNT- AnnMarie 8:30 AM - Circuit -SUSAN 9:30 am Daily Dose - SUSAN 4:30 PM - YOGA - ELLIE 6:30 PM -TNT - CHRISTY <u>7:00 PM SPINNING- NINO</u> ZUMBA - 8:00 PM - JENNA	5:30 AM -STEP/Cardio-TRACY 8:30 AM-Buffer Body-Christina 9:45 AM - YOGA - DONNIE	8:00 AM -KICKBOX - CHRISTY 9:00 AM-TNT- CHRISTY 10:15 AM-ZUMBA- EDDIE
<b>14-May</b>	<b>15-May</b>	<b>16-May</b>	<b>17-May</b>	<b>18-May</b>	<b>19-May</b>	<b>20-May</b>
9:00 AM-CardioMix- CHRISTY 10:00 AM -Pilates- CATE <u>10:00 AM SPINNING- NINO</u> 11:00 AM-ZUMBA-JENNA	5:45 AM -SPINNING -AnnMarie 5:30 AM -PIYO - TRACY 8:30 AM -TNT -VAL 10:00 AM-Circuit-Christina 6:00 PM-Abs/Glutes- CATE 6:30 PM -MIXXEDFIT-EDDIE 7:30 PM - YOGA - CASSIE	5:30 AM-TNT-TONI 8:30 am - BARRE- SUSAN 4:30 PM - YOGA - ELLIE 6:00 PM -Kickbox - CHRISTY <u>7:00 PM SPINNING- VAL</u> 7:00 PM -TNT- ROSA ZUMBA - 8:00 PM - JENNA	5:45 AM-SPINNING-COLLEEN 5:30 AM - BARRE 8:30 AM - YOGA - DONNIE 10:00 AM-Buffer Body-Christina 5:00 PM - YOGA - CASSIE 6:00 PM -PILATES- ROSA	5:30 AM-TNT-TRACY 8:30 AM - Circuit -SUSAN 9:30 am Daily Dose - SUSAN 4:30 PM - YOGA - ELLIE 6:30 PM -TNT - AnnMarie <u>7:00 PM SPINNING- NINO</u> ZUMBA - 8:00 PM - JENNA	5:30 AM-CardioTone- AnnMarie 8:30 AM-Buffer Body-Christina 9:45 AM - YOGA - DONNIE	8:00 AM -H I I T's- TONI 9:00 AM-TNT-TONI 10:15 AM-ZUMBA- EDDIE
<b>21-May</b>	<b>22-May</b>	<b>23-May</b>	<b>24-May</b>	<b>25-May</b>	<b>26-May</b>	<b>27-May</b>
9:00 AM-CardioMix- CHRISTY 10:00 AM -Pilates- CATE <u>10:00 AM SPINNING-COLLEEN</u> 11:00 AM-ZUMBA-JENNA	5:45 AM -SPINNING -AnnMarie 5:30 AM -PIYO - TRACY 8:30 AM -TNT -VAL 10:00 AM-Circuit-Christina 6:00 PM-Abs/Glutes- CATE 6:30 PM -MIXXEDFIT-EDDIE	5:30 AM-TNT-TRACY 8:30 am - BARRE- SUSAN 4:30 PM - YOGA - ELLIE 6:00 PM -Kickbox - CHRISTY <u>7:00 PM SPINNING- VAL</u> 7:00 PM -TNT - AnnMarie ZUMBA - 8:00 PM - JENNA	5:45 AM-SPINNING-COLLEEN 5:30 AM - BARRE - AnnMarie 8:30 AM - YOGA - DONNIE 10:00 AM-Buffer Body-Christina 5:00 PM - YOGA - CASSIE 6:00 PM -PILATES- ROSA	5:30 AM-TNT-TONI 8:30 AM - Circuit -SUSAN 9:30 am Daily Dose - SUSAN 4:30 PM - YOGA - ELLIE 6:30 PM -TNT- ROSA <u>7:00 PM SPINNING- NINO</u> ZUMBA - 8:00 PM - JENNA	5:30 AM -STEP/Cardio-TRACY ** 8:30 AM-B Body-NO CLASS 9:45 AM - YOGA - DONNIE	8:00 AM -Circuit -AnnMarie 9:00 AM-TNT- AnnMarie 10:15 AM-ZUMBA- EDDIE
<b>28-May</b>	<b>29-May</b>	<b>30-May</b>	<b>31-May</b>	 <p><b>EXERCISE CLASS</b></p> <p>"YOU ARE ONLY ONE WORKOUT AWAY FROM A GOOD MOOD"</p>  		
9:00 AM-CardioMix- CHRISTY 10:00 AM -Pilates- CATE <u>10:00 AM SPINNING- VAL</u> 11:00 AM-ZUMBA-SUSAN	8:30 AM -FUSION - TRACY 	5:30 AM-TNT-TONI 8:30 am - BARRE- SUSAN 4:30 PM - YOGA - ELLIE 6:00 PM -Kickbox - CHRISTY <u>7:00 PM SPINNING- NINO</u> 7:00 PM -TNT - AnnMarie ZUMBA - 8:00 PM - JENNA	5:45 AM-SPINNING-COLLEEN 5:30 AM - BARRE 8:30 AM - YOGA - DONNIE 10:00 AM-Buffer Body-Christina 5:00 PM - YOGA - CASSIE 6:00 PM -PILATES- ROSA			