





























TRU>FIT

ATHLETIC CLUBS

CORNERSTONE MAY GROUP FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 LES MILLS BODYATTACK 5:30am OLIVIA	 LES MILLS RPM 5:30am BRANDY	GRIT CARDIO 5:30am KARA	 LES MILLS RPM 5:30am HEATHER	GRIT STRENGTH 5:30am KARA		
			 tone 5:30am JENNA			
 LES MILLS BODYCOMBAT 8:30am JESSICA B.	 tone 8:30am MONICA	 LES MILLS BODYATTACK 8:30 MONICA			 LES MILLS RPM 8:30am HEATHER	
 tone 9:30am** JENNA	GRIT CARDIO 9:30am** BRITNI	 tone 9:30am JENNA	GRIT STRENGTH 9:30am** KARA	 LES MILLS BODYATTACK 9:30am OLIVIA	 LES MILLS BODYATTACK 9:30am OLIVIA	
 BODY FLOW 10:00 am** JENNA	 LES MILLS RPM 9:30am AMBER		 LES MILLS RPM 9:30am MARY		 LES MILLS CXWORX 10:00am OLIVIA	 LES MILLS RPM 3:00pm MICHAELA
	 BODY FLOW 9:30 am JENNA (Mind/Body Room)			 BODY FLOW 9:30 am MARY (Mind/Body Room)		 BODY FLOW 3:00pm ANDREA (Mind/Body Room)
 LES MILLS RPM 4:30pm MARY						
 LES MILLS BODYATTACK 5:30pm BRANDY	 LES MILLS BODYCOMBAT 5:30pm JESSICA B.		 LES MILLS BODYATTACK 5:30pm LUPE			
	GRIT CARDIO 6:30pm** BRITNI		GRIT STRENGTH 6:30pm** BRITNI			
 LES MILLS RPM 6:30pm KRISTIN	 LES MILLS RPM 6:30pm ZAIDY	 LES MILLS RPM 6:30pm MICHAELA	 LES MILLS RPM 6:30pm ZAIDY			
					**denotes 30 minute classes	

