

MAY 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM HIP HOP	2 8AM YOGA 8:30AM ZUMBA GOLD (PEGGY) 10:00AM DOMINOES 5PM SPIN(KISHA) 6:30PM ZUMBA (DANIEL)	3 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA(ROSE)	4 5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW	5
6	7 8AM YOGA(CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES	8 8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM ZYDECO	9 8AM YOGA 8:30AM ZUMBA GOLD (PEGGY) 10:00AM DOMINOES 5PM SPIN(KISHA) 6:30PM ZUMBA	10 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA(ROSE)	11 5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW	12
13	14 8 AM YOGA(CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES	15 8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM HIP HOP	16 8AM YOGA 8:30AM ZUMBA GOLD (PEGGY) 10:00AM DOMINOES 5PM SPIN(KISHA) 6:30PM ZUMBA (DANIEL)	17 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA(ROSE)	18 5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW	19
20	21 8 AM YOGA(CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES	22 8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM ZYDECO	23 8AM YOGA 8:30AM ZUMBAGOLD (PEGGY) 10:00AM DOMINOES 5PM SPIN(KISHA) 6:30PM ZUMBA (DANIEL)	24 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA(ROSE)	25 5:15AM Early bird Spin (SHAWNA) 8AM Bean Bag Baseball 9AM GET LOW	26
27	28 8 AM YOGA(CHRIS) 9AM SR SPIN 9AM LINE DANCE 5PM SPIN (CURTIS) 5:30PM P/T 30 6:00PM PILATES	29 8AM YOGA(HILL) 9 AM GET LOW(LEE) 5PM SPIN(CHRIS) 5:30PM HIP HOP	30 8AM YOGA 8:30AM ZUMBAGOLD (PEGGY) 10:00AM DOMINOES 5PM SPIN(KISHA) 6:30PM ZUMBA (DANIEL)	31 8AM BEANBAG 9AM LINE DANCE 5PM SPIN(CHRIS) 530PM SCULPT & CORE 5:30PM YOGA(ROSE)		



Power Centre
Hours of Operation
Mon-Fri 5 AM - 8PM
Saturday 8AM - 2PM
Sunday 1 PM - 5PM

