

May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28 Spring Break	29	30	
2	3	4	5	6	7	
	<p>12p Springboard - In Person</p> <p>12p Springboard - Virtual</p> <p>1:15p Pilates Apparatus-based - Mat</p> <p>5:30p Pilates Intermediate II - Mat</p> <p>5:30p Pilates Intermediate II - Mat</p>	<p>12:30p Pilates Essential - Mat</p> <p>12:30p Pilates Essential - Mat</p> <p>5:45p Pop Up Fitness</p>	<p>7:45a Springboard - In Person</p> <p>7:45a Springboard - Virtual</p> <p>8:30a Springboard - In Person</p> <p>8:30a Springboard - Virtual</p> <p>11:45a Dynamic Stretching - Fitness</p> <p>12p Dynamic Stretching - Fitness</p> <p>4:30p Pilates Intermediate 2 - Mat</p> <p>4:30p Pilates Intermediate 2 - Mat</p>	<p>8:25a Pilates Apparatus-based - Mat</p> <p>11:45a Foundation Training - Fitness</p> <p>12:30p Foundation Training - Fitness</p> <p>5p Pilates Apparatus-based - Mat</p>		
9	10	11	12	13	14	
	<p>12p Springboard - In Person</p> <p>12p Springboard - Virtual</p> <p>1:15p Pilates Apparatus-based - Mat</p> <p>5:30p Pilates Intermediate II - Mat</p> <p>5:30p Pilates Intermediate II - Mat</p>	<p>12:30p Pilates Essential - Mat</p> <p>12:30p Pilates Essential - Mat</p> <p>5p Pop Up Fitness</p>	<p>8:30a Springboard - In Person</p> <p>8:30a Springboard - Virtual</p> <p>12p Dynamic Stretching - Fitness</p> <p>4:30p Pilates Intermediate 2 - Mat</p> <p>4:30p Pilates Intermediate 2 - Mat</p>	<p>8:25a Pilates Apparatus-based - Mat</p> <p>12:30p Foundation Training - Fitness</p> <p>5p Pilates Apparatus-based - Mat</p>		
16	17	18	19	20	21	
	<p>12p Springboard - In Person</p> <p>12p Springboard - Virtual</p> <p>1:15p Pilates Apparatus-based - Mat</p> <p>5:30p Pilates Intermediate II - Mat</p> <p>5:30p Pilates Intermediate II - Mat</p>	<p>12:30p Pilates Essential - Mat</p> <p>12:30p Pilates Essential - Mat</p>	<p>8:30a Springboard - In Person</p> <p>8:30a Springboard - Virtual</p> <p>12p Dynamic Stretching - Fitness</p> <p>4:30p Pilates Intermediate 2 - Mat</p> <p>4:30p Pilates Intermediate 2 - Mat</p>	<p>8:25a Pilates Apparatus-based - Mat</p> <p>12:30p Foundation Training - Fitness</p> <p>5p Pilates Apparatus-based - Mat</p>		
23	24	25	26	27	28	
	<p>12p Springboard - In Person</p> <p>12p Springboard - Virtual</p> <p>1:15p Pilates Apparatus-based - Mat</p> <p>5:30p Pilates Intermediate II - Mat</p> <p>5:30p Pilates Intermediate II - Mat</p>	<p>12:30p Pilates Essential - Mat</p> <p>12:30p Pilates Essential - Mat</p>	<p>8:30a Springboard - In Person</p> <p>8:30a Springboard - Virtual</p> <p>12p Dynamic Stretching - Fitness</p> <p>4:30p Pilates Intermediate 2 - Mat</p> <p>4:30p Pilates Intermediate 2 - Mat</p>	<p>8:25a Pilates Apparatus-based - Mat</p> <p>12:30p Foundation Training - Fitness</p> <p>5p Pilates Apparatus-based - Mat</p>		
30	31	1	2	3	4	
	<p>Memorial Day</p>	<p>12:30p Pilates Essential - Mat</p> <p>12:30p Pilates Essential - Mat</p>	<p>8:30a Springboard - In Person</p> <p>8:30a Springboard - Virtual</p> <p>12p Dynamic Stretching - Fitness</p> <p>4:30p Pilates Intermediate 2 - Mat</p> <p>4:30p Pilates Intermediate 2 - Mat</p>	<p>8:25a Pilates Apparatus-based - Mat</p> <p>12:30p Foundation Training - Fitness</p> <p>4:30p Pilates Apparatus-based - Mat</p>		