

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 9AM Morning Rise 5:30PM Fit and Tone	3 6:30AM Tight n' Tone 6:30PM Fit and Tone	4 9AM Morning Rise 5:30PM Fit and Tone	5 6:30AM Tight n' Tone 5:30PM Fit and Tone	6 9AM Morning Rise	7
8 Mother's Day!	9 9AM Morning Rise 5:30PM Fit and Tone	10 6:30AM Tight n' Tone 6:30PM Fit and Tone	11 9AM Morning Rise 5:30PM Fit and Tone	12 6:30AM Tight n' Tone 5:30PM Fit and Tone	13 9AM Morning Rise	14
15	16 9AM Morning Rise 5:30PM Fit and Tone	17 6:30AM Tight n' Tone 6:30PM Fit and Tone	18 9AM Morning Rise 5:30PM Fit and Tone	19 6:30AM Tight n' Tone 5:30PM Fit and Tone	20 9AM Morning Rise	21
22	23 9AM Morning Rise 5:30PM Fit and Tone	24 6:30AM Tight n' Tone 6:30PM Fit and Tone	25 9AM Morning Rise 5:30PM Fit and Tone	26 6:30AM Tight n' Tone 5:30PM Fit and Tone	27 9AM Morning Rise	28
29	30 Memorial Day!	31 6:30AM Tight n' Tone 6:30PM Fit and Tone	1 9AM Morning Rise 5:30PM Fit and Tone	2 6:30AM Tight n' Tone 5:30PM Fit and Tone	3 9AM Morning Rise	4

June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Memorial Day!	31 6:30AM Tight n' Tone 6:30PM Fit and Tone	1 9AM Morning Rise 5:30PM Fit and Tone	2 6:30AM Tight n' Tone 5:30PM Fit and Tone	3 9AM Morning Rise	4
5	6 9AM Morning Rise 5:30PM Fit and Tone	7 6:30AM Tight n' Tone 6:30PM Fit and Tone	8 9AM Morning Rise 5:30PM Fit and Tone	9 6:30AM Tight n' Tone 5:30PM Fit and Tone	10 9AM Morning Rise	11 11AM Stretch & Tone
12	13 9AM Morning Rise 5:30PM Fit and Tone	14 6:30AM Tight n' Tone 6:30PM Fit and Tone	15 9AM Morning Rise 5:30PM Fit and Tone	16 6:30AM Tight n' Tone 5:30PM Fit and Tone	17 9AM Morning Rise	18
19 Happy Father's Day!	20 9AM Morning Rise 5:30PM Fit and Tone	21 6:30AM Tight n' Tone 6:30PM Fit and Tone First Day of Summer!	22 9AM Morning Rise 5:30PM Fit and Tone	23 6:30AM Tight n' Tone 5:30PM Fit and Tone	24 9AM Morning Rise	25 11AM Stretch & Tone
26	27 9AM Morning Rise 5:30PM Fit and Tone	28 6:30AM Tight n' Tone 6:30PM Fit and Tone	29 9AM Morning Rise 5:30PM Fit and Tone	30 6:30AM Tight n' Tone 5:30PM Fit and Tone	1 9AM Morning Rise	2

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 9AM Morning Rise 5:30PM Fit and Tone	28 6:30AM Tight n' Tone 6:30PM Fit and Tone	29 9AM Morning Rise 5:30PM Fit and Tone	30 6:30AM Tight n' Tone 5:30PM Fit and Tone	1 9AM Morning Rise	2
3	4 Closed!! Happy Independence Day!	5 6:30AM Tight n' Tone 6:30PM Fit and Tone	6 9AM Morning Rise 5:30PM Fit and Tone	7 6:30AM Tight n' Tone 5:30PM Fit and Tone	8 9AM Morning Rise	9 11AM Stretch & Tone
10	11 9AM Morning Rise 5:30PM Fit and Tone	12 6:30AM Tight n' Tone 6:30PM Fit and Tone	13 9AM Morning Rise 5:30PM Fit and Tone	14 6:30AM Tight n' Tone 5:30PM Fit and Tone	15 9AM Morning Rise	16
17	18 9AM Morning Rise 2PM Stretch & Tone 5:30PM Fit and Tone	19 6:30AM Tight n' Tone 6:30PM Fit and Tone	20 9AM Morning Rise 5:30PM Fit and Tone	21 6:30AM Tight n' Tone 5:30PM Fit and Tone	22 9AM Morning Rise	23
24	25 9AM Morning Rise 5:30PM Fit and Tone	26 6:30AM Tight n' Tone 6:30PM Fit and Tone	27 9AM Morning Rise 5:30PM Fit and Tone	28 6:30AM Tight n' Tone 5:30PM Fit and Tone	29 9AM Morning Rise	30

August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 9AM Morning Rise 5:30PM Fit and Tone	2 6:30AM Tight n' Tone 6:30PM Fit and Tone	3 9AM Morning Rise 5:30PM Fit and Tone	4 6:30AM Tight n' Tone 5:30PM Fit and Tone	5 9AM Morning Rise	6
7	8 9AM Morning Rise 5:30PM Fit and Tone	9 6:30AM Tight n' Tone 6:30PM Fit and Tone	10 9AM Morning Rise 5:30PM Fit and Tone	11 6:30AM Tight n' Tone 5:30PM Fit and Tone	12 9AM Morning Rise	13
14	15 9AM Morning Rise 5:30PM Fit and Tone	16 6:30AM Tight n' Tone 6:30PM Fit and Tone	17 9AM Morning Rise 5:30PM Fit and Tone	18 6:30AM Tight n' Tone 5:30PM Fit and Tone	19 9AM Morning Rise	20 11AM Stretch & Tone
21	22 9AM Morning Rise 5:30PM Fit and Tone	23 6:30AM Tight n' Tone 6:30PM Fit and Tone	24 9AM Morning Rise 5:30PM Fit and Tone	25 6:30AM Tight n' Tone 5:30PM Fit and Tone	26 9AM Morning Rise	27
28	29 9AM Morning Rise 5:30PM Fit and Tone	30 6:30AM Tight n' Tone 6:30PM Fit and Tone	31 9AM Morning Rise 5:30PM Fit and Tone	1 6:30AM Tight n' Tone 5:30PM Fit and Tone	2 9AM Morning Rise	3 11AM Stretch & Tone