

XF Aerobics MAY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 9:00 AM Piyo V 10:00 AM Yoga Sculpt 10:30 AM Yoga Stretch 6:00 PM HIIT the Zone T 7:00 PM Bootcamp SU	2	3 9:00 AM DanceFit V 10:00 AM Ab Class V
4 T=Taryn S=Shanna SU=Sunta V=Veronica Y=Yve	5 9:00 AM Spin PL 10:00 AM Yoga Core 10:30 AM Yoga Barre/Sculpt 11:00 AM Stretch 5:30 PM Booty Blast 6:00 PM Bootcamp Su 7:00 PM Zumba Y	6 9:00 AM Piyo V 10:00 AM Ab Class	7 10:00 AM Pound V 6:15 PM Bootcamp Su 7:15 PM Zumba Y	8 9:00 AM Piyo V 10:00 AM Yoga Sculpt 10:30 AM Yoga Stretch 6:00 PM HIIT the Zone T 7:00 PM Bootcamp SU	9 9:00 AM Spin S	10 9:00 AM DanceFit V 10:00 AM Ab Class V
11 Mother's Day	12 10:00 AM Yoga Core 10:30 AM Yoga Barre/Sculpt 11:00 AM Stretch 5:30 PM Booty Blast 6:00 PM Bootcamp Su 7:00 PM Zumba Y	13 9:00 AM Piyo V 10:00 AM Ab Class 6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga	14 9:00 AM Spin PL 10:00 AM Pound V 6:15 PM Bootcamp Su 7:15 PM Zumba Y	15 9:00 AM Piyo V 10:00 AM Yoga Sculpt 10:30 AM Yoga Stretch 6:00 PM HIIT the Zone T 7:00 PM Bootcamp SU	16 9:00 AM Spin S	17 Armed Forces Day 9:00 AM DanceFit V 10:00 AM Ab Class V
18	19 9:00 AM Spin PL 10:00 AM Yoga Core 10:30 AM Yoga Barre/Sculpt 11:00 AM Stretch 5:30 PM Booty Blast 6:00 PM Bootcamp Su 7:00 PM Zumba Y	20 9:00 AM Piyo V 10:00 AM Ab Class 6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga	21 10:00 AM Pound V 6:15 PM Bootcamp Su 7:15 PM Zumba Y	22 9:00 AM Piyo V 10:00 AM Yoga Sculpt 10:30 AM Yoga Stretch 6:00 PM HIIT the Zone T 7:00 PM Bootcamp SU	23 9:00 AM Spin S	24 9:00 AM DanceFit V 10:00 AM Ab Class V
25	26 Memorial Day NO CLASSES	27 9:00 AM Piyo V 10:00 AM Ab Class 6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga	28 9:00 AM Spin PL 10:00 AM Pound V 6:15 PM Bootcamp Su 7:15 PM Zumba Y	29 9:00 AM Piyo V 10:00 AM Yoga Sculpt 10:30 AM Yoga Stretch 6:00 PM HIIT the Zone T 7:00 PM Bootcamp SU	30	31 9:00 AM DanceFit V 10:00 AM Ab Class V