

# XF Aerobics MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>KEY</b> <b>T=Taryn</b> <b>PL=PL</b> <b>SU=Sunta</b> <b>V=Veronica</b> <b>Y=Yve</b>	29	30	1 10:00 AM Pound V	2 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 <b>New!</b>	3 9:00 AM Spin PL	4 9:00 AM Ab Class V 9:30 AM Spin PL
5 Cinco de Mayo	6 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	7 9:00 AM Piyo V 10:00 AM Ab Class  6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga	8 10:00 AM Pound V	9 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 <b>New!</b>	10 9:00 AM Spin PL	11 9:00 AM Ab Class V 9:30 AM Spin PL
12 Mother's Day	13 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	14 9:00 AM Piyo V 10:00 AM Ab Class  6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga	15 10:00 AM Pound V	16 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 <b>New!</b>	17 9:00 AM Spin PL	18 Armed Forces Day 9:00 AM Ab Class V 9:30 AM Spin PL
19 Pentecost	20 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	21 9:00 AM Piyo V 10:00 AM Ab Class  6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga	22 10:00 AM Pound V	23 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 <b>New!</b>	24 9:00 AM Spin PL	25 9:00 AM Ab Class V 9:30 AM Spin PL
26	27 Memorial Day	28 9:00 AM Piyo V 10:00 AM Ab Class  6:00 PM HIIT the Zone T 7:00 PM HOT! Yoga	29 10:00 AM Pound V	30 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 <b>New!</b>	31 9:00 AM Spin PL	1