

# 2026 MAY

## AEROBICS CALENDAR

| SUN     | MON  | TUE   | WED  | THU   | FRI                    | SAT |
|---------|--|---|--|---|------------------------|-----|
|         |  |   |  |   | 01<br>9:30 AM Bootcamp | 02  |
| 03      | 04<br>9:30 AM Bootcamp<br>11:30 AM HIIT<br>5:15 PM Warrior Cycle<br>6:30 PM Strength Development | 05<br>9:30 AM Spin & Sculpt<br>10:30 AM TBC<br>5:15 PM HIIT Warrior | 06<br>9:30 AM Dance & Tone<br>11:30 AM HIIT<br>5:15 PM Warrior Cycle<br>6:30 PM Strength Development | 07<br>9:30 AM Circuit<br>10:30 AM TBC<br>5:15 PM HIIT Warrior | 08<br>9:30 AM Bootcamp | 09  |
| 10      | 11<br>9:30 AM Bootcamp<br>11:30 AM HIIT<br>5:15 PM Warrior Cycle<br>6:30 PM Strength Development | 12<br>9:30 AM Spin & Sculpt<br>10:30 AM TBC<br>5:15 PM HIIT Warrior | 13<br>9:30 AM Dance & Tone<br>11:30 AM HIIT<br>5:15 PM Warrior Cycle<br>6:30 PM Strength Development | 14<br>9:30 AM Circuit<br>10:30 AM TBC<br>5:15 PM HIIT Warrior | 15<br>9:30 AM Bootcamp | 16  |
| 17      | 18<br>9:30 AM Bootcamp<br>11:30 AM HIIT<br>5:15 PM Warrior Cycle<br>6:30 PM Strength Development | 19<br>9:30 AM Spin & Sculpt<br>10:30 AM TBC<br>5:15 PM HIIT Warrior | 20<br>9:30 AM Dance & Tone<br>11:30 AM HIIT<br>5:15 PM Warrior Cycle<br>6:30 PM Strength Development | 21<br>9:30 AM Circuit<br>10:30 AM TBC<br>5:15 PM HIIT Warrior | 22<br>9:30 AM Bootcamp | 23  |
| 24 / 31 | 25<br>No Classes:<br><b>Memorial Day</b>   | 26<br>9:30 AM Spin & Sculpt<br>10:30 AM TBC<br>5:15 PM HIIT Warrior | 27<br>9:30 AM Dance & Tone<br>11:30 AM HIIT<br>5:15 PM Warrior Cycle<br>6:30 PM Strength Development | 28<br>9:30 AM Circuit<br>10:30 AM TBC<br>5:15 PM HIIT Warrior | 29<br>9:30 AM Bootcamp | 30  |