

MAY 2012

7101 Glenwood Avenue Raleigh NC 27612 919 510 6994

Club Hours M-Th 5am-11pm Fri 5am-10pm Sat & Sun 8am - 7pm

Kidz Club Hours M-Th 8:30am-1pm & 3pm-8:30pm Fri 8:30am-1pm & 3pm-7pm, Sat 8:15am- 11:45am Sun 3pm-5:30pm



		1	Tuesday	2	Wednesday	3	Thursday	4	Friday	5	Saturday						
		6:00 AM	BODYPUMP XP	Erica	6:00 AM	Cycle XP	Wendy	5:45 AM	RPM 30	Monica	6:00 AM	BODYPUMP XP	Erica	8:30 AM	RPM	Anita	
		9:30 AM	SH'BAM	Sonia	9:30 AM	BODYPUMP	Erica	6:15 AM	CXWORX	Monica	9:30 AM	Total Body Blast	Krystal	9:30 AM	Yoga	Anita	
		5:30 PM	BODYPUMP	Monica	10:35 AM	RPM	Raynell	9:30 AM	RPM	Monica	10:40 AM	Butts & Guts	Krystal	10:30 AM	Power Hour	Krystal	
		5:30 PM	RPM	Mary	5:20 PM	CXWORX	Monica	10:30 AM	CXWORX	Monica	5:45 PM	Zumba	Elena				
		6:30 PM	CXWORX	Monica	6:00 PM	BODYJAM	Marie	12:00 PM	BODYPUMP	Aiyo							
		7:05 PM	Turbo Kick	Davina	6:00 PM	RPM 60	Monica	5:30 PM	RPM	Monica							
					7:00 PM	BODYFLOW	Liz	5:45 PM	Turbo Kick	Davina							
						6:35 PM	BODYPUMP	Aiyo									
7	Monday	8	Tuesday	9	Wednesday	10	Thursday	11	Friday	12	Saturday						
5:45 AM	RPM	Monica	6:00 AM	BODYPUMP XP	Erica	6:00 AM	Cycle XP	Wendy	5:45 AM	RPM 30	Mallory	6:00 AM	BODYPUMP XP	Erica	8:30 AM	RPM	Anita
9:30 AM	RPM	Naomi	9:30 AM	SH'BAM	Sonia	9:30 AM	BODYPUMP	Erica	6:15 AM	CXWORX	Mallory	9:30 AM	Total Body Blast	Bekah	9:30 AM	Yoga	Anita
10:35 AM	BODYPUMP	Erica	5:30 PM	BODYPUMP	Monica	10:35 AM	RPM	Raynell	9:30 AM	RPM	Monica	10:40 AM	Butts & Guts	Bekah	10:30 AM	Power Hour	Bekah
5:30 PM	SH'BAM	Sonia	5:30 PM	RPM	Mary	5:30 PM	CXWORX	Monica	10:30 AM	CXWORX	Monica	5:45 PM	Zumba	Elena			
6:00 PM	RPM	Naomi	6:30 PM	CXWORX	Monica	6:00 PM	BODYJAM	Marie	12:00 PM	BODYPUMP	Aiyo						
6:25 PM	BODYPUMP	Nancy	7:05 PM	Turbo Kick	Davina	6:10 PM	RPM 60	Monica	5:30 PM	RPM	Monica						
7:30 PM	BODYFLOW	Liz				7:00 PM	BODYFLOW	Wendy	5:45 PM	Turbo Kick	Davina						
									6:35 PM	BODYPUMP	Wendy						
14	Monday	15	Tuesday	16	Wednesday	17	Thursday	18	Friday	19	Saturday						
5:45 AM	RPM	Monica	6:00 AM	BODYPUMP XP	Erica	6:00 AM	Cycle XP	Wendy	5:45 AM	RPM 30	Monica	6:00 AM	BODYPUMP XP	Erica	8:30 AM	RPM	Anita
9:30 AM	RPM	Naomi	9:30 AM	SH'BAM	Sonia	9:30 AM	BODYPUMP	Erica	6:15 AM	CXWORX	Monica	9:30 AM	Total Body Blast	Bekah	9:30 AM	Yoga	Anita
10:35 AM	BODYPUMP	Erica	5:30 PM	BODYPUMP	Monica	10:35 AM	RPM	Raynell	9:30 AM	RPM	Monica	10:40 AM	Butts & Guts	Bekah	10:30 AM	Power Hour	Bekah
5:30 PM	SH'BAM	Monica	5:30 PM	RPM	Mary	5:30 PM	CXWORX	Monica	10:30 AM	CXWORX	Monica	5:45 PM	Zumba	Elena	11:30 AM	Warrior Women	Todd
6:00 PM	RPM	Naomi	6:30 PM	CXWORX	Monica	6:00 PM	BODYJAM	Marie	12:00 PM	BODYPUMP	Aiyo						
6:25 PM	BODYPUMP	Nancy	7:05 PM	Turbo Kick	Davina	6:10 PM	RPM 60	Monica	5:30 PM	RPM	Monica						
7:30 PM	BODYFLOW	Liz				7:00 PM	BODYFLOW	Wendy	5:45 PM	Turbo Kick	Davina						
									6:35 PM	BODYPUMP	Wendy						
21	Monday	22	Tuesday	23	Wednesday	24	Thursday	25	Friday	26	Saturday						
5:45 AM	RPM	Monica	6:00 AM	BODYPUMP XP	Erica	6:00 AM	Cycle XP	Wendy	5:45 AM	RPM 30	Mary	6:00 AM	BODYPUMP XP	Erica	Modified Schedule due to Holiday		
9:30 AM	RPM	Naomi	9:30 AM	SH'BAM	Sonia	9:30 AM	BODYPUMP	Erica	6:15 AM	CXWORX	Mary	9:30 AM	Total Body Blast	Bekah			
10:35 AM	BODYPUMP	Erica	5:30 PM	BODYPUMP	Monica	10:35 AM	RPM	Raynell	9:30 AM	RPM	Monica	10:40 AM	Butts & Guts	Bekah	9:00 AM	RPM & CX	Mary
5:30 PM	SH'BAM	TEAM PARTY	5:30 PM	RPM	Mary	5:30 PM	CXWORX	Monica	10:30 AM	CXWORX	Monica	5:45 PM	Zumba	Elena	90 Mins		
6:00 PM	RPM	Naomi	6:30 PM	CXWORX	Monica	6:00 PM	BODYJAM	Marie	12:00 PM	BODYPUMP	Aiyo						
6:25 PM	BODYPUMP	Nancy	7:05 PM	Turbo Kick	Davina	6:10 PM	RPM 60	Monica	5:30 PM	RPM	Monica						
7:30 PM	BODYFLOW	Liz				7:00 PM	BODYFLOW	Wendy	5:45 PM	Turbo Kick	Davina						
									6:35 PM	BODYPUMP	Wendy						
28	Monday	29	Tuesday	30	Wednesday	31	Thursday	YELLOW= CLASS ON WATCH DUE TO LOW ATTENDANCE. PLEASE SAVE THE CLASS AND VOTE WITH YOUR FEET									
Modified Schedule due to Holiday		6:00 AM	BODYPUMP XP	Erica	6:00 AM	Cycle XP	Wendy	5:45 AM	RPM 30	Monica							
		9:30 AM	SH'BAM	Sonia	9:30 AM	BODYPUMP	Erica	6:15 AM	CXWORX	Monica							
9:30 AM	Flow CX Combat Combo	Liz	5:30 PM	BODYPUMP	Monica	10:35 AM	RPM	Raynell	9:30 AM	RPM	Monica						
			5:30 PM	RPM	Mary	5:30 PM	CXWORX	Monica	10:35 AM	CXWORX	Monica						
			6:30 PM	CXWORX	Monica	6:00 PM	BODYJAM	Marie	12:00 PM	BODYPUMP	Aiyo						
			7:05 PM	Turbo Kick	Davina	6:10 PM	RPM 60	Monica	5:30 PM	RPM	Monica						
						7:00 PM	BODYFLOW	Wendy	5:45 PM	Turbo Kick	Davina						
									6:35 PM	BODYPUMP	Wendy						
											GREY= POOL						
											BLUE= RPM						

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM - 7:00 AM				KETTLEBELL / TRX COMBO (LEE)		
10:30 AM-11:30 AM	BOXING (REMY)	BOXING (REMY)	KETTLEBELL / BOXING (LEE/REMY)	BOXING (REMY)	BOXING (REMY)	10:00 AM BRAZILIAN JIU-JITSU (NO-GI) MIX (TODD)
12:00 PM to 1:00 PM	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	
1:00 PM to 1:30 PM	BRAZILIAN JIU-JITSU (GI) MIX (TODD)	BRAZILIAN JIU-JITSU (NO - GI) MIX (TODD)	BRAZILIAN JIU-JITSU (GI) MIX (TODD)	BRAZILIAN JIU-JITSU (NO - GI) MIX (TODD)	BRAZILIAN JIU-JITSU (GI) CLINIC (TODD)	12:00AM KETTLEBELL / TRX COMBO (LEE)
1:00 PM to 1:30 PM	BJJ SPARRING	BJJ SPARRING	BJJ SPARRING	BJJ SPARRING	BJJ SPARRING	
3:30 PM-4:30 PM		KIDS BOXING (REMY)		KIDS BOXING (REMY)		
4:00 PM-5:00 PM	SHIELD KIDS ANIMALS (GI) (TODD)		SHIELD KIDS ANIMALS (NO GI) (TODD)			
5:00 PM-6:00 PM	SHIELD KIDS COMBATIVES (GI) (TODD)		SHIELD KIDS COMBATIVES (GI) (TODD)			
5:00 PM-6:00 PM	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	BOXING (REMY)	
6:00 PM to 7:00 PM	BRAZILIAN JIU-JITSU (GI) BEG. (TODD)	BRAZILIAN JIU-JITSU (NO - GI) BEG. (TODD)	BRAZILIAN JIU-JITSU (GI) BEG. (TODD)	BRAZILIAN JIU-JITSU (NO - GI) BEG. (TODD)	BRAZILIAN JIU-JITSU (GI) CLINIC (TODD)	
7:00 PM to 8:00 PM	MUAY THAI (JOHNNY)	MUAY THAI (JOHNNY)	MUAY THAI (JOHNNY)	MUAY THAI (JOHNNY)	MUAY THAI (JOHNNY)	
7:00 PM to 8:00 PM		KETTLEBELL / TRX COMBO (LEE)	KETTLEBELL / TRX COMBO (LEE)	KETTLEBELL / TRX COMBO (LEE)		
7:00 PM to 8:00 PM		MUAY THAI SPARRING (JOHNNY)	MUAY THAI SPARRING (JOHNNY)			
8:00 PM to 9:00 PM		BOXING (REMY)		BOXING (REMY)		
8:00 PM to 9:00 PM	BRAZILIAN JIU-JITSU (GI) INT. (TODD)	BRAZILIAN JIU-JITSU (GI) Competition Team (TODD)	BRAZILIAN JIU-JITSU (GI) INT. (TODD)	BRAZILIAN JIU-JITSU (NO - GI) Competition Team (TODD)	BRAZILIAN JIU-JITSU (GI) INT. CLINIC (TODD)	
8:00 PM to 9:00 PM	BJJ SPARRING		BJJ SPARRING			