

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick-ZF Max 1800 Zumba-MB Max	2 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength-KP Gun 1645 Spin-VM Max	3 1130 Line Dancing-KP Max	4
5	6 1130 Strength-SW Max 1600 HIIT/Strength-KP Max 1730 HIIT-ZF Gun	7 0500 RIOT-ZF Gun 0600 Strength-SW Max 0700 Unit PT-SW Max 1130 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick-ZF Gun	8 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick-ZF Max 1800 Zumba-MB Max	9 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength-KP Gun 1645 Spin-VM Max	10 1130 Line Dancing-KP Max	11
12	13 1130 Strength-SW Max 1600 HIIT/Strength-KP Max 1730 HIIT-ZF Gun	14 0500 RIOT-ZF Gun 0600 Strength-SW Max 0700 Unit PT-SW Max 1130 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick-ZF Gun	15 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick-ZF Max 1800 Zumba-MB Max	16 0500 RIOT-ZF Gun 1130 HIIT/Strength-KP Gun 1645 Spin-VM Max	17 1130 Line Dancing-KP Max	18
19	20 1130 Strength-KP Max 1600 HIIT/Strength-KP Max	21 0500 RIOT-ZF Gun 1130 HIIT/Strength-KP Max 1600 Cardio-KP Max 1630 Turbokick-ZF Gun	22 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick-ZF Max 1800 Zumba-MB Max	23 0500 RIOT-ZF Gun 1130 HIIT/Strength-KP Gun 1645 Spin-VM Max	24 1130 Line Dancing-KP Max	25
26		28 0500 RIOT-ZF Gun 0600 Strength-SW Max 0700 Unit PT-SW Max 1130 Cardio-SW Gun 1600 Cardio-KP Max 1630 Turbokick-ZF Gun	29 1100 Tabata-RH Max 1130 Cardio-KP Gun 1700 Turbokick-ZF Max 1800 Zumba-MB Max	30 0500 RIOT-ZF Gun 0600 Strength-SW Max 1130 HIIT/Strength-KP Gun 1645 Spin-VM Max	31 1130 Line Dancing-KP Max	1
2	3	<p>Notes</p> <p>** FIP Classes**</p> <p>Instructors: SW Shelby; MB Michelle; RH Rebecca; ZF Zelva; VM Veronica; KP Kashina To schedule 0700 PT classes on Tuesdays with Shelby, email her at shelby.williams.13.ctr@us.af.mi</p> <p>** Schedules can be found on www.lifeatthemax.us**</p>				