



Stick & Move

body step

# May 2022



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body step

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b>	<b>2</b>	<b>3</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	<b>4</b> 6am - Top of the Mornin Leigh-Ann	<b>5</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	<b>6</b> 6am - Yoga - Andrea	<b>7</b> 9am - PGB Beginners - Ann
<b>8</b>	<b>9</b> 6am - Yoga - Andrea 5:30pm - Learning the Ropes Chelsea 6:30pm - Tabata - Bonnie	<b>10</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	<b>11</b> 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann	<b>12</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30 pm - Shake your BOOT-y Camp	<b>13</b> 6am - Yoga - Andrea 9am - Let's Move - Leigh-Ann	<b>14</b> 9am - PGB Beginners - Ann
<b>15</b>	<b>16</b> 6am - Yoga - Andrea 5:30pm - Learning the Ropes Chelsea 6:30pm - Tabata - Bonnie	<b>17</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Pound! Suzanne & Bonnie	<b>18</b> 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm - 222 6:30pm - PGB Beginners	<b>19</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30 pm - Shake your BOOT-y Camp	<b>20</b> 6am - Yoga - Andrea 9am - Let's Move - Leigh-Ann	<b>21</b> 9am - PGB Beginners - Ann
<b>22</b>	<b>23</b> 6am - Yoga - Andrea 5:30pm - Learning the Ropes Chelsea 6:30pm - Tabata - Bonnie	<b>24</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Pound! Suzanne & Bonnie	<b>25</b> 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm - 222 6:30pm - PGB Beginners	<b>26</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30 pm - Shake your BOOT-y Camp	<b>27</b> 6am - Yoga - Andrea 9am - Let's Move - Leigh-Ann	<b>28</b> 9am - PGB Beginners - Ann
<b>29</b>	<b>30</b>	<b>31</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Pound! Suzanne & Bonnie				



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# June 2022



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm - 222 6:30pm - P&B Beginners	<b>2</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30 pm - Shake your BOOT-y Camp	<b>3</b> 6am - Yoga Andrea 9am - Let's Move - Leigh-Ann	<b>4</b> 9am - P&B Beginners - Kristi
<b>5</b>	<b>6</b> 6am - Yoga Andrea 5:30pm - Learning the Ropes Chelsea 6:30pm - Tabata - Rennie	<b>7</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Pound! Suzanne & Rennie	<b>8</b> 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm - 222 6:30pm - P&B Beginners	<b>9</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30 pm - Shake your BOOT-y Camp	<b>10</b> 6am - Yoga Andrea 9am - Let's Move - Leigh-Ann	<b>11</b> 9am - P&B Beginners - Kristi
<b>12</b>	<b>13</b> 6am - Yoga Andrea 5:30pm - Learning the Ropes Chelsea 6:30pm - Tabata - Rennie	<b>14</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Pound! Suzanne & Rennie	<b>15</b> 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm - 222 6:30pm - P&B Beginners	<b>16</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30 pm - Shake your BOOT-y Camp	<b>17</b> 6am - Yoga Andrea 9am - Let's Move - Leigh-Ann	<b>18</b> 9am - P&B Beginners - Kristi
<b>19</b>	<b>20</b> 6am - Yoga Andrea 5:30pm - Learning the Ropes Chelsea 6:30pm - Tabata - Rennie	<b>21</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Pound! Suzanne & Rennie	<b>22</b> 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm - 222 6:30pm - P&B Beginners	<b>23</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey	<b>24</b> 6am - Yoga Andrea 9am - Let's Move - Leigh-Ann	<b>25</b> 9am - P&B Beginners - Kristi
<b>26</b>	<b>27</b> 6am - Yoga Andrea 5:30pm - Learning the Ropes Chelsea	<b>28</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey 6:30pm - Pound! Suzanne & Rennie	<b>29</b> 6am - Top of the Mornin Leigh-Ann 9am - Let's Move - Leigh-Ann 5:30pm - 222 6:30pm - P&B Beginners	<b>30</b> 6am - Top of the Mornin Leigh-Ann 9am - Yoga - Jackie Noon Variety - Stacey		