

April/May Rotations

Date	Day	Class	Time	Instructor
4/29/2023	Saturday	Rise & Grind	8am	Leanne
5/1/2023	Monday	Rip & Row	5:20pm	Kristi T.
5/6/2023	Saturday	Rise & Grind	8am	Leanne
5/8/2023	Monday	Gridiron	5:20pm	Allyson
5/13/2023	Saturday	Rise & Grind	8am	Kristi T. & Allyson - Mash Up (Studio - 7:45-8:45)
5/15/2023	Monday	Rip & Row	5:20pm	Kristi T.
5/20/2023	Saturday	Rise & Grind	8am	Allyson
5/22/2023	Monday	Gridiron	5:20pm	Allyson
5/27/2023	Saturday	Rise & Grind	8am	Sarah
6/3/2023	Saturday	Rise & Grind	8am	Allyson