



GYMDOG FITNESS

GORDON FITNESS CENTER



29607 Barnes Ave
Fort Gordon, GA 30905

MAY CALENDAR OF SUB/ALTERNATE INSTRUC

YELLOW = SUB FOR CLASS; ALL OTHERS ARE ALTERNATES

MON	TUE	WED	THUR	FRI	SAT	S
		<u>1</u> 5:30 pm CYCLE-Joe	<u>2</u> 5:30 pm BAR - Amber 6:30 pm YOGA- Grace	<u>3</u>	<u>4</u> 8:45 am TRX - Joe 9:30 am CYCLE - Joe	<u>5</u>
<u>6</u> 5:30 pm CYCLE- Joe 6:30 pm YOGA - Grace	<u>7</u> 4:30 pm CORE - Ingrid	<u>8</u> 5:30 pm CYCLE-Joanna	<u>9</u> 5:30 pm BAR - Ammie 6:30 pm YOGA-Nancy	<u>10</u> 4:30 pm ZUMBA - April	<u>11</u> 8:45 am TRX - Amber 9:30 am CYCLE - Amber	<u>12</u>
<u>13</u> 5:30 pm CYCLE-Joe 6:30 pm YOGA - Nancy	<u>14</u> 4:30 pm CORE - Ingrid	<u>15</u> 5:30 pm CYCLE-Joanna	<u>16</u> 5:30 pm BAR - Amber 6:30 pm YOGA-Grace	<u>17</u>	<u>18</u> 8:45 am TRX - Amber 9:30 am CYCLE - Amber	<u>19</u>
<u>20</u> 5:30 pm CYCLE-Joe 6:30 pm YOGA - Grace	<u>21</u> 4:30 pm CORE - Matt	<u>22</u> 5:30 pm CYCLE-Matt	<u>23</u> 5:30 pm BAR - Ammie 6:30 pm YOGA-Nancy	<u>24</u> HOLIDAY HOURS 10-6 NO 5:30 am CYCLE NO 9:30 am ZUMBA NO 4:30 pm MIXFIT	<u>25</u> HOLIDAY HOURS 10-6 NO 8:45 am TRX NO 9:30 am CYCLE YES 10 am ZUMBA YES 11 am YOGA- Roxanne	<u>26</u>
<u>27</u> HOLIDAY HOURS 10-6 NO 5:30 am CYCLE NO 9:30 am ZUMBA YES 4:30pm ZUMBA NO 5:30pm or 6:30 pm	<u>28</u> 4:30 pm CORE - Ingrid	<u>29</u> 5:30 pm CYCLE-Jasmine	<u>30</u> 9:30 am MIXFIT-Naldine 5:30 pm BAR - Amber 6:30 pm YOGA-Grace	<u>31</u>		