

THE RITTENHOUSE

SPA & CLUB - HAIR BY PAUL LABRECQUE

May Small Group Training

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
			1 7:45am(60min) Barre-Lates—Daria 9:00am(60min) Focus on Flexibility-Harlan	2 7:30 am(60min) Cross Circuits— Robin 8:30am(60min) Yin-Yasa—Daria 10:00 am(60min) Water Fitness- Harlan	3 7:00am(60min) Body Circuit- Rachel 8:00am(60min) Relax Into Stretch -Daria 11:30am(60min) Water Fitness- Harlan	4 8:30am(60min) Body Sculpt— Katie
5 9:00am(60min) Body Weight Bootcamp -Rachel	6 7:00am(60min) Vinyasa-Daria 8:15am(60min) Body Sculpt-Katie 11:30am(60min) Water Fitness- Harlan	7 7:00am(60min) Cardio Blast- Rachel 8:30am(60min) Body Sculpt-Katie 11:30am(60min) Water Fitness- Harlan	8 7:45am(60min) Barre-Lates—Daria 9:00am(60min) Focus on Flexibility-Harlan	9 7:30 am(60min) Cross Circuits— Robin 8:30am(60min) Yin-Yasa—Daria 10:00 am(60min) Water Fitness- Harlan	10 7:00am(60min) Body Circuit- Rachel 8:00am(60min) Relax Into Stretch -Daria 11:30am(60min) Water Fitness- Harlan	11 8:30am(60min) Barre Sculpt – Katie
12 9:00am(60min) Body Weight Bootcamp -Rachel	13 7:00am(60min) Vinyasa-Daria 8:15am(60min) Body Sculpt-Katie 11:30am(60min) Water Fitness- Harlan	14 7:00am(60min) Cardio Blast- Rachel 8:30am(60min) Body Sculpt-Katie 11:30am(60min) Water Fitness- Harlan	15 7:45am(60min) Barre-Lates—Daria 9:00am(60min) Focus on Flexibility-Harlan	16 7:30 am(60min) Cross Circuits— Robin 8:30am(60min) Yin-Yasa—Daria 10:00 am(60min) Water Fitness- Harlan	17 7:00am(60min) Body Circuit- Rachel 8:00am(60min) Relax Into Stretch -Daria 11:30am(60min) Water Fitness- Harlan	18 8:30am(60min) Body Sculpt – Katie
19 9:00am(60min) Body Weight Bootcamp -Rachel	20 7:00am(60min) Vinyasa-Daria 8:15am(60min) Body Sculpt-Katie 11:30am(60min) Water Fitness- Harlan	21 7:00am(60min) Cardio Blast- Rachel 8:30am(60min) Body Sculpt-Katie 11:30am(60min) Water Fitness- Harlan	22 7:45am(60min) Barre-Lates—Daria 9:00am(60min) Focus on Flexibility-Harlan	23 7:30 am(60min) Cross Circuits— Robin 8:30am(60min) Yin-Yasa—Daria 10:00 am(60min) Water Fitness- Harlan	24 7:00am(60min) Body Circuit- Rachel 8:00am(60min) Relax Into Stretch -Daria 11:30am(60min) Water Fitness- Harlan	25 8:30am(60min) Body Sculpt – Katie
26 9:00am(60min) Body Weight Bootcamp -Rachel	27 7:00am(60min) Vinyasa-Daria 8:15am(60min) Body Sculpt-Katie 11:30am(60min) Water Fitness- Harlan	28 7:00am(60min) Cardio Blast- Rachel 8:30am(60min) Body Sculpt-Katie 11:30am(60min) Water Fitness- Harlan	29 7:45am(60min) Barre-Lates—Daria 9:00am(60min) Focus on Flexibility-Harlan	30 7:30 am(60min) Cross Circuits— Robin 8:30am(60min) Yin-Yasa—Daria 10:00 am(60min) Water Fitness- Harlan	31 7:00am(60min) Body Circuit- Rachel 8:00am(60min) Relax Into Stretch -Daria 11:30am(60min) Water Fitness- Harlan	