

# VIRTUAL may 2021

may schedule

blessed to be able!

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Bootcamps live using Zoom!

Step 151 live using Facebook Live

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1  8am// Bootcamp on the Rocks 9:15am// Step 151
2  9am// Bootcamp on the Rocks	3  11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	4  4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday	5  10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151  <b>VIRTUAL MARGARITA ANYONE? CHEERS!</b>	6  11am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	7  11am// Bootcamp on the Rocks	8  8am// Bootcamp on the Rocks 9:15am// Step 151  <b>CINCO THEY MAKE YOU DRINKO food truck/ margarita party (12-2)</b>
9 <b>MOTHER'S DAY</b>  8:30am// Bootcamp on the Rocks 10am// <b>Bootcamp in the park!</b>	10  11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	11  4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday	12  10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	13  11am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	14  11am// Bootcamp on the Rocks	15  8am// Bootcamp on the Rocks 9:15am// Step 151
16  9am// Bootcamp on the Rocks	17  11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	18  4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday	19  10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	20  11am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	21  11am// Bootcamp on the Rocks	22  8am// Bootcamp on the Rocks 9:15am// Step 151
23/ 30  9am// Bootcamp on the Rocks	24/ 31  11am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	25  4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Tabata Tuesday	26  10am// Bootcamp on the Rocks 5:30pm// Bootcamp on the Rocks 6:30pm// Step 151	27  11am// Bootcamp on the Rocks 4:30-5:00pm// Spin Mixology 5:00-5:30pm// Spin Mixology 6pm// Bootcamp on the Rocks	28  11am// Bootcamp on the Rocks	29  8am// Bootcamp on the Rocks 9:15am// Step 151