

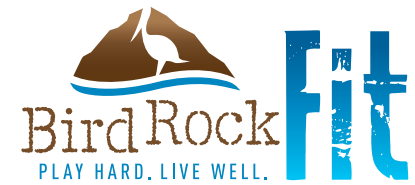
YOU'RE INVITED TO OUR
Grand Opening Celebration!
Saturday, May 18 1:00-4:00pm
GAMES, PRIZES, FOOD, DRINKS & MORE • OPEN TO ALL


May 2013 SCHEDULE

Schedule your classes online today:

www.birdrockfit.com/schedule

CLICK
HERE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 6:30am M.E. Michelle 7:30am F.I.T. Katelyn 5:30pm Body Blast Jasmine 7:30pm Yoga Rebecca	2 6:30am CardioCore Esther 7:30am Cardio Blitz Esther 9:30am Body Blast Andrew 5:45pm M.E. Ryan 6:15pm Kick-boxing H.I.T. Ryan	3 7:30am M.E. Ethan 12 Noon CardioCore Andrew 5:30pm ZUMBA PARTY! With Marina	4 10:00am Bootcamp Ryan
5 10:00am Cardio Blitz Ethan	6 6:30am TRX Andrew 7:30am F.I.T. Andrew 5:30pm F.I.T. Ryan 6:15pm Kickboxing: H.I.T. Ryan	7 6:30am CardioCore Andrew 7:30am Cardio Blitz Ethan 9:30am Body Blast Ethan 5:45pm M.E. Ryan 6:30pm Cardio Blitz Ryan	8 6:30am M.E. Michelle 7:30am F.I.T. Katelyn 5:30pm Body Blast Jasmine 7:30pm Yoga Rebecca	9 6:30am Body Blast Esther 7:30am Cardio Blitz Esther 9:30am CardioCore Andrew 5:45pm M.E. Ryan 6:15pm Kick-boxing H.I.T. Ryan	10 7:30am M.E. Michelle 12 Noon CardioCore Andrew	11 10:00am Bootcamp Michelle
12 10:00am Body Blast Esther	13 6:30am TRX Andrew 7:30am F.I.T. Andrew 5:30pm F.I.T. Ryan 6:15pm Kickboxing: H.I.T. Ryan	14 6:30am Body Blast Ethan 7:30am Cardio Blitz Katelyn 9:30am CardioCore Ethan 5:45pm M.E. Ryan 6:30pm Cardio Blitz Ryan	15 6:30am M.E. Michelle 7:30am F.I.T. Katelyn 5:30pm Body Blast Jasmine 7:30pm Yoga Rebecca	16 6:30am CardioCore Andrew 7:30am Cardio Blitz Andrew 9:30am Body Blast Andrew 5:45pm M.E. Ryan 6:15pm Kick-boxing H.I.T. Ryan	17 7:30am M.E. Ethan 12 Noon CardioCore Andrew	18 10:00am Bootcamp Ethan  1:00-4:00pm
19 10:00am F.I.T. TBA	20 6:30am TRX Andrew 7:30am F.I.T. Andrew 5:30pm F.I.T. Ryan 6:15pm Kickboxing: H.I.T. Ryan	21 6:30am CardioCore Ethan 7:30am Cardio Blitz Katelyn 9:30am Body Blast Ethan 5:45pm M.E. Ryan 6:30pm Cardio Blitz Ryan	22 6:30am M.E. Michelle 7:30am F.I.T. Katelyn 5:30pm Body Blast Jasmine 7:30pm Yoga Rebecca	23 6:30am Body Blast Andrew 7:30am Cardio Blitz Andrew 9:30am CardioCore Andrew 5:45pm M.E. Ryan 6:15pm Kick-boxing H.I.T. Ryan	24 7:30am M.E. Ethan 12 Noon CardioCore Andrew 5:30pm ZUMBA PARTY! With Marina	25 10:00am Bootcamp Andrew
26 10:00am CardioCore TBA	27 6:30am TRX Ethan 7:30am F.I.T. Ethan 5:30pm F.I.T. Ryan 6:15pm Kickboxing: H.I.T. Ryan	28 6:30am Body Blast Ethan 7:30am Cardio Blitz Katelyn 9:30am CardioCore Ethan 5:45pm M.E. Ryan 6:30pm Cardio Blitz Ryan	29 6:30am M.E. Michelle 7:30am F.I.T. Katelyn 5:30pm Body Blast Jasmine 7:30pm Yoga Rebecca	30 6:30am CardioCore Andrew 7:30am Cardio Blitz Andrew 9:30am Body Blast Andrew 5:45pm M.E. Ryan 6:15pm Kick-boxing H.I.T. Ryan	31 7:30am M.E. Ethan 12 Noon CardioCore Andrew	See back for full class descriptions. M.E.: Metabolic Effect H.I.T.: High Intensity Training F.I.T.: Functional Interval Training

"The thing always happens that you really believe in; and the belief in a thing makes it happen." —FRANK LOYD WRIGHT