

MAY 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 ●● Fit For A Queen 8:00-8:45am Zen Queen 9:00-10:00am Royal Burn 6:00-7:00pm 5:00-5:30pm	2	3 ●● Zen Queen 9:00-10:00am All-In Game Day 11:00-11:45am
4	5 ●● Ace Fusion 5:30-7:00pm	6 ●● Fit For A Queen 8:00-8:45am Zen Queen 9:00-10:00am	7 ●● Ace Fusion 5:30-7:00pm	8 ●● Fit For A Queen 8:00-8:45am Zen Queen 9:00-10:00am Royal Burn 6:00-7:00pm 5:00-5:30pm	9	10 ● All-In Game Day 11:00-11:45am
11	12 ●● Ace Fusion 5:30-7:00pm	13 ●● Fit For A Queen 8:00-8:45am Zen Queen 9:00-10:00am	14 ●● Ace Fusion 5:30-7:00pm	15 ●● Fit For A Queen 8:00-8:45am Zen Queen 9:00-10:00am Royal Burn 6:00-7:00pm 5:00-5:30pm	16 ● Sip & Paint: May Moonlight Magic 7:00pm-8:30pm	17 ●●●● Fit For A Queen 8:00-8:45am Zen Queen 9:00-10:00am All-In Game Day 11:00-11:45am Belly Dancing Workshop 12:00-1:00pm
18	19 ●● Ace Fusion 5:30-7:00pm	20 ●● Fit For A Queen 8:00-8:45am Zen Queen 9:00-10:00am	21 ●● Ace Fusion 5:30-7:00pm	22 ●● Fit For A Queen 8:00-8:45am Zen Queen 9:00-10:00am Royal Burn 6:00-7:00pm 5:00-5:30pm	23	24 ●●●● Fit For A Queen 8:00-8:45am Zen Queen 9:00-10:00am All-In Game Day 11:00-11:45am
25	26 ●● Ace Fusion 5:30-7:00pm	27 ●● Fit For A Queen 8:00-8:45am Zen Queen 9:00-10:00am	28 ●● Ace Fusion 5:30-7:00pm	29 ●● Fit For A Queen 8:00-8:45am Zen Queen 9:00-10:00am Royal Burn 6:00-7:00pm 5:00-5:30pm	30	31 ●●●● Fit For A Queen 8:00-8:45am Zen Queen 9:00-10:00am All-In Game Day 11:00-11:45am

- Specialty Fitness
- Arts & Crafts
- Circuit Training
- Strength Training
- Yoga



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"When I'm good, I'm very good. But when I'm bad, I'm better." —Mae West