

# SPINNAKER POINT CLASS SCHEDULE - MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>MAY CLASSES</b></p>	<p>FITNESS · ENRICHMENT · ARTS · ATHLETICS</p> <p><b>PORTSMOUTH</b></p> <p>RECREATION DEPARTMENT</p>		<p>7:30-8:15am: Instinctive Meditation/mindful movement 8:45 am - Fit over 50 9:00 am - Being Well 6:00 pm - Bachata</p>	<p>6:15 am - Bike/Barre 7:30 am - Spin 9:00 am - Senior Fit by donation 10:00 am - Tai Chi <b>5:00 - 8:00 pm:</b> Spinnaker Board using</p>	<p>6:30 am - Spin Bata 8:45 am - Strength &amp; Stretch 9:00 am Yoga for everyBODY 5:30: Calm &amp; centered</p>	<p>7:30 am - Spin 8:30 am - Kick It! 8:30 am - MyZone Spin 9:30 am - Lizfit in GYM 9:00 am - Zumba 10:00 am - Yoga with Nina</p>	
	<p>7:10 am - Spin Bata 9:00am Kickbox rounds 12:00 pm - Therapeutic Qigong</p>	<p>6:15 am - Body Shred Tabata 8:45 am - Strength/Stretch 5:15-6:15: Dance Exercise 6:30 pm - Intermediate Salsa</p>	<p>7:00 am - Spin gam senior fit by donation 5:00-5:45: meditation and movement 6:00 pm - Spin-Strength 6:15-7:15 pm: Salsa footwork and styling</p>	<p>7:30-8:15am: Instinctive Meditation/mindful movement 8:45 am - Fit over 50 9:00 am - Being Well 6:00 pm - Bachata</p>	<p>6:15 am - Bike/Barre 7:30 am - Spin 9:00 am - Senior Fit by donation 10:00 am - Tai Chi 6:00 pm - Yoga for everyBODY</p>	<p>6:30 am - Spin Bata 8:45 am - Strength and Stretch 9:00 am - Yoga for everyBODY 5:30PM: Calm &amp; centered 6:45 pm - Nina dance practice</p>	<p>7:30 am - Spin 8:30 am -Kick It! 8:30 am - MyZone Spin 9:00 am - Zumba 10:00 am - Yoga with Nina 11:30-12:30: Nina dance rental</p>
	<p>7:10 am - Spin Bata 9:00 am - Kickboxing rounds 12:00 pm - Therapeutic Qigong</p>	<p>6:15 am - Body Shred Tabata 8:45 am - Strength/Stretch 5:15-6:15 - Dance Exercise 6:30 pm - Intermediate Salsa</p>	<p>7:00 am - Spin 9 am senior fit by donation 5:00-5:45 pm: meditation and movement 6:00 pm - Spin-Strength 6:15-7:15 pm: Salsa footwork and styling</p>	<p>7:30 am Instinctive Meditation/mindful movement 8:45 am - Fit over 50 9:00 am - Being Well 6:00 pm - Bachata</p>	<p>6:15 am - Bike/Barre 7:30 am - Spin 9:00 am - Senior Fit by donation 10:00 am - Tai Chi 6:00 pm - Yoga for everyBODY</p>	<p>6:30 am - Spin-Bata 8:45 am - Strength/Stretch 9:00 am - Yoga for everyBODY 5:30 pm Calm &amp; centered</p>	<p>7:30 am - SPIN 8:30 am - Kick It! 8:30 am - MyZone Spin.. 9:00 am - Zumba 10:00 am - Yoga with Nina</p>
	<p>7:10 am - Spin-Bata 9:00 am - Kickboxing Rounds 12:00 pm - Therapeutic Qigong 2-3 pm: Lizfit in aerobic room</p>	<p>6:15 am - Body shred Tabata 8:45 am - Strength/Stretch 5:15-6:15 - Dance exercise 6:30 pm - Intermediate Salsa</p>	<p>7:00 am - Spin 9 am senior fit by donation 5:00-5:45 pm: Meditation and Movement 6:00 pm - Spin-Strength 6:15-7:15 pm - Salsa footwork and styling</p>	<p>7:30 am Instinctive Meditation/mindful movement 8:45 am - Fit over 50 9:00 am - Being Well 6:00 pm - Bachata</p>	<p>6:15 am - Bike/Barre 7:30 am - Spin 9 am senior fit by donation 10:00 am - Tai Chi 6:00 pm - Yoga for everyBODY</p>	<p>6:30 am - Spin Bata 8:45 am - Strength/Stretch 9:00 am - Yoga for everyBODY 5:30 pm - Calm &amp; centered</p>	<p>7:30 am - Spin 8:30 am - Kick It! 8:30 am - MyZone Spin.. 9:00 am - Zumba 10:00 am - Yoga with Nina</p>
	<p>7:10 am - Spin-bata 9:00 am - Kickbox rounds 12:00 pm - Therapeutic Qigong</p>	<p><b>CLOSED TODAY FOR MEMORIAL DAY!</b></p>	<p>7:00 am - Spin 9 am senior fit by donation 5:00-5:45 pm - Meditation and Movement 6:00 pm - Spin Strength 6:15-7:15 pm - Salsa</p>	<p>7:30 am Instinctive Meditation/mindful movement 8:45 am - Fit over 50 9:00 am - Being Well 6:00 pm - Bachata</p>	<p>6:15 am - Bike/Barre 7:30 am - Spin 9 am: sr fit by donation 10:00 am - Tai Chi 6:00 pm - Yoga for everyBODY</p>	<p>6:30 am - Spin Bata 8:45 am - Strength and Stretch 9:00 am - Yoga for everyBODY 5:30 pm - Calm &amp; centered</p>	