



May 2017

Apex Stretch Group Classes

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--|-----------|-------------------------------|--------|----------|
| | 1 | 2 Apex Stretch 6:30 pm | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 Apex Stretch 6:30 pm | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 Roll and Stretch 5:15 pm Apex Stretch 6:30 pm | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 Apex Stretch 6:30pm | 24 | 25 Apex Stretch 7:00 am | 26 | 27 |
| 28 | 29 | 30 Roll and Stretch 5:15 pm Apex Stretch 6:30 pm | 31 | | | |
| | | | | | | |

Advance Sign up is Required. Sign up at:

www.apexbodyworx.com