

The Answer Fitness Classes

May 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				BOOM Muscle 8:45-9:15 Boom Move 9:30-10 Let's Go 2-2:35 Yoga 2:45-3:30p TOPS 6pm		1
2	3 Yoga Flow 8:30-9:30a Seated Yoga 9:45-10:15 TOPS 10am	4 BOOM Muscle 8:45-9:15 Boom Move 9:30-10	5 Dance Classes 4pm – 9pm (See brochure)	6 BOOM Muscle 8:45-9:15 Boom Move 9:30-10 Let's Go 2-2:35 Yoga 2:45-3:30p TOPS 6pm	7	8
9	10 Yoga Flow 8:30-9:30a Seated Yoga 9:45-10:15 TOPS 10am	11 BOOM Muscle 8:45-9:15 Boom Move 9:30-10	12 Dance Classes 4pm – 9pm (See brochure)	13 BOOM Muscle 8:45-9:15 Boom Move 9:30-10 Let's Go 2-2:35 Yoga 2:45-3:30p TOPS 6pm	14	15
16	17 Yoga Flow 8:30-9:30a Seated Yoga 9:45-10:15 TOPS 10am	18 BOOM Muscle 8:45-9:15 Boom Move 9:30-10	19 Dance Classes 4pm – 9pm (See brochure)	20 BOOM Muscle 8:45-9:15 Boom Move 9:30-10 Let's Go 2-2:35 Yoga 2:45-3:30p TOPS 6pm	21	22
23/30	24 Yoga Flow 8:30-9:30a Seated Yoga 9:45-10:15 TOPS 10am <hr/> 31 MEMORIAL DAY The Answer is Closed-No classes	25 BOOM Muscle 8:45-9:15 Boom Move 9:30-10	26 Dance Classes 4pm – 9pm (See brochure) 6:30 Dance Student Showcase	27 BOOM Muscle 8:45-9:15 Boom Move 9:30-10 Let's Go 2-2:35 Yoga 2:45-3:30p TOPS 6pm	28	29

The Answer Fitness Classes

July 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <u>The Answer is Closed-No classes</u> TOPS 6pm	2 <u>The Answer is Closed</u>	3 <u>The Answer is Closed</u>
4 <u>The Answer is Closed</u>	5 <u>The Answer is Closed</u> TOPS 10am	6 BOOM Muscle 8:45-9:15 Boom Move 9:30-10	7 Dance Classes Ballet Story Time 4-5:30 Let's Dance Combo Class 5:45-6:45	8 BOOM Muscle 8:45-9:15 Boom Move 9:30-10 TOPS 6pm	9	10
11	12 Yoga Flow 8:30-9:30a Seated Yoga 9:45-10:15 TOPS 10am	13 BOOM Muscle 8:45-9:15 Boom Move 9:30-10	14 Dance Classes Ballet Story Time 4-5:30 Let's Dance Combo Class 5:45-6:45	15 BOOM Muscle 8:45-9:15 Boom Move 9:30-10 TOPS 6pm	16	17
18	19 Yoga Flow 8:30-9:30a Seated Yoga 9:45-10:15 TOPS 10am	20 BOOM Muscle 8:45-9:15 Boom Move 9:30-10	21 Dance Classes Ballet Story Time 4-5:30 Let's Dance Combo Class 5:45-6:45	22 BOOM Muscle 8:45-9:15 Boom Move 9:30-10 TOPS 6pm	23	24
25	26 Yoga Flow 8:30-9:30a Seated Yoga 9:45-10:15 TOPS 10am	27 BOOM Muscle 8:45-9:15 Boom Move 9:30-10	28 Dance Classes Ballet Story Time 4-5:30 Let's Dance Combo Class 5:45-6:45	29	30	31

The Answer Fitness & Physical Therapy 319 Main Street Savanna, IL 815-273-3747