





# May 2026

# CLASS CALENDAR

**STAFFED HOURS**  
**Monday-Friday | 8:00 a.m. - 7:30 p.m.**  
**Saturday | 8:00 a.m. - 12:00 p.m.**

SUN	MON	TUE	WED	THU	FRI	SAT
	 <p><b>WELLNESS CENTER</b></p> <p>Windom Area Health</p>	<p>***</p> <p>5:15PM MMA FIT 6:15PM TKD KIDS 7:00PM TKD ADULTS</p>			<p><b>1</b></p> <p>6:00AM RISE &amp; GRIND - 45 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM SAIL - 60 MIN 12:00PM PILATES/BARRE - 30 MIN 4:00PM OPEN SPARRING - 2 HOUR</p>	<p><b>2</b></p> <p>8:00AM BUILD + BURN - 45 MIN</p>
3	<p><b>4</b></p> <p>6:00AM BOOT CAMP - 30 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM SAIL - 60 MIN 12:00PM PILATES/BARRE - 30 MIN 4:00PM YOGA FLOW - 45 MIN ***</p>	<p><b>5</b></p> <p>6:00AM BOOT CAMP - 30 MIN 7:00AM BUILD + BURN - 45 MIN 10:00AM CHAIR YOGA - 45 MIN 12:00PM IRON + OAR - 30 MIN 2:30PM SAIL - 60 MIN 5:00PM YOGA SCULPT - 45 MIN 6:00PM HIIT - 45 MIN</p> 	<p><b>6</b></p> <p>6:00AM RISE &amp; GRIND - 45 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM SAIL - 60 MIN 12:00PM PILATES/BARRE - 30 MIN 4:00PM YOGA FLOW - 45 MIN ***</p>	<p><b>7</b></p> <p>6:00AM BOOT CAMP - 30 MIN 7:00AM BUILD + BURN - 45 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM CHAIR YOGA - 45 MIN 12:00PM IRON + OAR - 30 MIN 2:30PM SAIL - 60 MIN 4:00PM STRENGTH - 60 MIN 5:00PM YOGA SCULPT - 45 MIN 6:00PM HIIT - 45 MIN</p>	<p><b>8</b></p> <p>6:00AM RISE &amp; GRIND - 45 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM SAIL - 60 MIN 12:00PM PILATES/BARRE - 30 MIN 4:00PM OPEN SPARRING - 2 HOUR</p>	<p><b>9</b></p> <p>8:00AM BUILD + BURN - 45 MIN</p>
 <p>Happy Mother's Day</p>	<p><b>11</b></p> <p>6:00AM BOOT CAMP - 30 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM SAIL - 60 MIN 12:00PM PILATES/BARRE - 30 MIN 4:00PM YOGA FLOW - 45 MIN ***</p>	<p><b>12</b></p> <p>6:00AM BOOT CAMP - 30 MIN 7:00AM BUILD + BURN - 45 MIN 10:00AM CHAIR YOGA - 45 MIN 12:00PM IRON + OAR - 30 MIN 2:30PM SAIL - 60 MIN 5:00PM YOGA SCULPT - 45 MIN 6:00PM HIIT - 45 MIN</p>	<p><b>13</b></p> <p>6:00AM RISE &amp; GRIND - 45 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM SAIL - 60 MIN 12:00PM PILATES/BARRE - 30 MIN 4:00PM YOGA FLOW - 45 MIN ***</p>	<p><b>14</b></p> <p>6:00AM BOOT CAMP - 30 MIN 7:00AM BUILD + BURN - 45 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM CHAIR YOGA - 45 MIN 12:00PM IRON + OAR - 30 MIN 2:30PM SAIL - 60 MIN 5:00PM YOGA SCULPT - 45 MIN 6:00PM HIIT - 45 MIN</p>	<p><b>15</b></p> <p>6:00AM RISE &amp; GRIND - 45 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM SAIL - 60 MIN 12:00PM PILATES/BARRE - 30 MIN 4:00PM OPEN SPARRING - 2 HOUR</p>	<p><b>16</b></p> <p>8:00AM BUILD + BURN - 45 MIN</p>
17	<p><b>18</b></p> <p>6:00AM BOOT CAMP - 30 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM SAIL - 60 MIN 12:00PM PILATES/BARRE - 30 MIN 4:00PM YOGA FLOW - 45 MIN ***</p>	<p><b>19</b></p> <p>6:00AM BOOT CAMP - 30 MIN 7:00AM BUILD + BURN - 45 MIN 10:00AM CHAIR YOGA - 45 MIN 12:00PM IRON + OAR - 30 MIN 2:30PM SAIL - 60 MIN 5:00PM YOGA SCULPT - 45 MIN 6:00PM HIIT - 45 MIN</p>	<p><b>20</b></p> <p>6:00AM RISE &amp; GRIND - 45 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM SAIL - 60 MIN 12:00PM PILATES/BARRE - 30 MIN 4:00PM YOGA FLOW - 45 MIN ***</p>	<p><b>21</b></p> <p>6:00AM BOOT CAMP - 30 MIN 7:00AM BUILD + BURN - 45 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM CHAIR YOGA - 45 MIN 12:00PM IRON + OAR - 30 MIN 2:30PM SAIL - 60 MIN 5:00PM YOGA SCULPT - 45 MIN 6:00PM HIIT - 45 MIN</p>	<p><b>22</b></p> <p>6:00AM RISE &amp; GRIND - 45 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM SAIL - 60 MIN 12:00PM PILATES/BARRE - 30 MIN 4:00PM OPEN SPARRING - 2 HOUR</p>	<p><b>23</b></p> <p>8:00AM BUILD + BURN - 45 MIN</p>
24	<p><b>25</b></p> <p><b>NO CLASSES - NOT STAFFED</b></p> 	<p><b>26</b></p> <p>6:00AM BOOT CAMP - 30 MIN 7:00AM BUILD + BURN - 45 MIN 10:00AM CHAIR YOGA - 45 MIN 12:00PM IRON + OAR - 30 MIN 2:30PM SAIL - 60 MIN 5:00PM YOGA SCULPT - 45 MIN 6:00PM HIIT - 45 MIN</p>	<p><b>27</b></p> <p>6:00AM RISE &amp; GRIND - 45 MIN 9:00 AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM SAIL - 60 MIN 12:00PM PILATES/BARRE - 30 MIN 4:00PM YOGA FLOW - 45 MIN ***</p>	<p><b>28</b></p> <p>6:00AM BOOT CAMP - 30 MIN 7:00AM BUILD + BURN - 45 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM CHAIR YOGA - 45 MIN 12:00PM IRON + OAR - 30 MIN 2:30PM SAIL - 60 MIN 5:00PM YOGA SCULPT - 45 MIN 6:00PM HIIT - 45 MIN</p>	<p><b>29</b></p> <p>6:00AM RISE &amp; GRIND - 45 MIN 9:00AM ACTIVE &amp; ALIVE - 45 MIN 10:00AM SAIL - 60 MIN 12:00PM PILATES/BARRE - 30 MIN 4:00PM OPEN SPARRING - 2 HOUR</p>	<p><b>30</b></p> <p>8:00AM BUILD + BURN - 45 MIN</p>